Chichester Herald

Friday 16th March 2012
YOUR FREE WEEKLY NEWSPAPER

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Money down the drain

›› *Cash-strapped county council spent £100,000 making 'patronising' videos*

Jennifer Bennett
CHIEF REPORTER
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LOCAL RESIDENTS have been left angry after West Sussex County Council admitted spending taxpayers' money on making videos deemed 'patronising'.

Last week the council, which faces a £79million budget cut, revealed it has spent just over £100,000 making 92 YouTube videos since setting up a specialist film unit five years ago.

The council has been slammed for making films which show people how to wash their hands and how to make a phone call.

Other movies made in the past include Christmas messages to taxpayers, recorded by the council's Tory leadership.

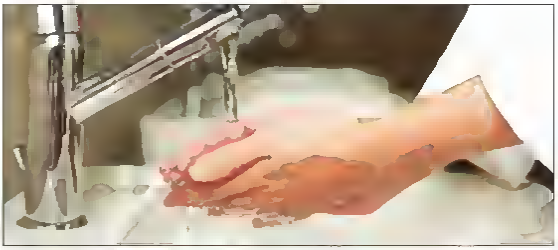
The films have been criticised by opposition councillors, who say the council has made deep cuts to other services – including day care for the elderly, bus routes and library opening hours.

> "They rarely bring benefit to the council tax-payer and some people might regard this as an ego trip"

The leader of the council's Liberal Democrat group, James Walsh, said: "It's a kick in the teeth for all those elderly and younger adults who have had their care packages reduced or stopped, in the name of saving cash for the county."

The film How To Use a Mobile Phone includes footage of a male presenter dialing a number slowly on a handset before pressing the 'call' button.

"I have my phone firmly in my right hand, and then select the digit of choice, in my case the left index finger," he explains. "Place your finger on the button - don't come at it from a distance."



WSCC "have spent thousands of pounds explaining how to do just that"

Another video, called How To Wash Your Hands Effectively, told viewers to "wet your hands before you apply the soap."

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Local News

A new future for West Sussex County Youth Theatre

DESPITE concerns for its future, West Sussex County Youth Theatre is to join forces with one of the top theatres in the country

The decision to work with Chichester Festival Theatre has been approved by Peter Griffiths, the West Sussex County Council Cabinet Member for Education and Schools.

The youth theatre will be known as the Chichester Festival Youth Theatre - West Sussex.

Peter said: "I really do believe that the partnership will bring about some exciting opportunities for young people across the county."

The partnership option emerged because the County Council's £70 million budget savings programme meant that it could no longer fund the West Sussex County Youth Theatre, which set-up in 1989 and was costing £116,000 a year to run. The youth theatre faced closure.

The new partnership will now see the theatre extend its satellite operations to at least three or four new areas such as Billingshurst, Burgess Hill, Crawley, Storrington, Steyning, and East Grinstead, prioritising those parts of the county with "little or no provision".

The report says that by the end of 2013, there will be an additional 200 young people taking part in weekly professionally-led youth theatre sessions across the county.

It adds: "In addition to participating in local activities, young people will also have opportunity to rehearse and perform in professionally-led productions, and audition for the major CFYT annual productions."

Peter said: "Coping with such a big reduction in government grants has meant taking some difficult decisions, but this new development again shows that wherever possible we try and find alternatives to simply cutting services.

"Parents of young people interested in the performing arts will know the reputation of the theatre, and the quality of its Learning and Participation programme, and I hope they will agree this is a good way forward.

"My decision also says that our Learning Service will undertake to develop partnerships to assist in the extension of the programme."

The current Chichester Festival Youth Theatre is open to any young person between 10-19 years, and currently extends in a 50 mile radius of the City with 38 schools and colleges represented in its membership. There are specialist activities for young people with disabilities which are held weekly.

The theatre is about to celebrate its 50th anniversary season featuring acclaimed actors including Penelope Keith and Derek Jacobi.

Continued from page 1

The film, produced as part of a campaign about the dangers of bird flu, was taken down in 2000 but not before it attracted a flurry of sarcastic comments on YouTube.

Gordon McAra, an independent member of Chichester District Council, added: "Councillors should concentrate on the basic services that people expect and not get involved in new-fangled toys just for the novelty value.

"They rarely bring benefit to the council tax-payer and some people might regard this as an ego trip."

Five years ago the council spent £40,000 on a mid-range camera and editing equipment. The film unit's annual running costs are £26,000.

County council leader Louise Goldsmith defended the TV unit.

"The Conservative-run county council realises how important it is to keep residents informed particularly at a time when it is faced with the challenge of finding £70million," she said.

"Across at least three video hosting sites, including our own, the total at the moment is more than 100,000 viewings.

"Pictures are worth a thousand words, and the council has always been firmly committed to finding new ways of reaching out to, and communicating with, the residents we serve."

What do you think about this? Send us your thoughts on Twitter: @chiherald

Duke of Wellington treasures revealed at local museum by Antiques Roadshow

A DECANTER CASE owned by the Duke of Wellington, containing a cheque written by him, has turned up in West Sussex.

It was taken to the BBC's Antiques Roadshow at the Weald and Downland Museum, near Chichester, by Henrietta Wilson from Hampshire.

The campaign case contained a Coutts cheque from Wellington to the equivalent value of £100,000 today.

Expert Clive Stewart-Lockhart said the chest "would be worth tens of thousands" if it had been at the Battle of Waterloo.

Ms Wilson said the case had been in her family for a number of years after being bought as a job lot at an auction by her great grandfather.

The box had always been a mystery as it was locked until her father decided to open it with a screwdriver.

Ms Wilson said: "He decided to have a look at the bottles, as he picked one up, something fell to the floor and when he looked down, there was a piece of folded paper on the floor.

"When he opened it out, he couldn't believe his eyes, because actually it seemed to be signed by the Duke of Wellington."

The family contacted Coutts Bank, who wrote back and confirmed that the Duke of Wellington did hold an account with them.

The cheque is dated March 1823, made out for £195.

Clive Stewart-Lockhart said: "If you use an average earnings index - nowadays it is in excess of £100,000. So this is a cash cheque.

"In other words, he was going to Coutts to cash a cheque for £100,000. What on earth for?"

Mr Stewart-Lockhart told Ms Wilson the campaign decanter case was worth about £600 and the cheque £50.

"But if we could ever prove that this was taken to the Battle of Waterloo, then it's worth tens of thousands."

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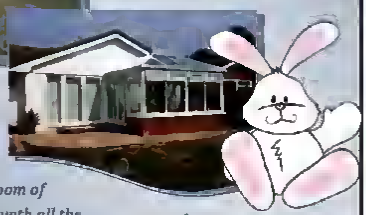

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Somebody thinks Chicbester is gearing up for the decession

Tommy Boyd

SLIMMING

My home phone number is almost the same as a new slimming clinic just opened in Chichester, so I'm taking calls from (mainly) women who wanted to drop ten pounds for the summer. I'm tempted to get involved, offer free advice such as 'Eat less', but I've been burned before.

ROOFING

Not long ago our number was the same as a big local builder who specialised in roof work. One day an elderly lady called from the seafront in Bognor to say her flat roof extension was pouring water, and she had to be in Dublin tomorrow for her daughter's wedding. It was 5.30pm. I went round and slapped on some sealant. I happened to have. Then she confronted me: 'you're not a builder are you?' No, I said, but I wanted to feel what a massive act of random kindness felt like. She replied she didn't trust me, but offered to pay for the sealant.

MY DIET

I say: "Don't eat anything until you are the shape you want to be."

BTW, all this talk about losing weight is a global misunderstanding of what we want. People want to improve their shape. Give someone the figure of a swimmer and they wouldn't care if they weighed twenty stone. See my point?

SUNGLASSES

Sunglasses are the same big lie. We pretend we wear them to cut out the glare. This is nonsense. People wear sunglasses because they think it makes them look cool. I believe that inveterate wearers of sunglasses need psychiatric care for their low self-esteem.

PSYCHOLOGY

They asked the American, Steven Wright, if he'd ever seen a psychiatrist and he replied, 'How would you know? It's not as if they walk around with a sign over their head?"

A27 BOTTLENECK

Arundel was cut off for three days as diggers reinforce the Crossbush embankment – but they survived. If there's a single town in the world that could declare itself a principality and go it alone it's Arundel. Like that film 'Passport to Pimlico". It could become a tax haven, if it isn't already, and enter the World Cup like San Marino.

DE-REGULATION

If the right want an example of the benefits of letting people do what they want (i.e get government out of the way) I think the Crossbush Roadwork's fits the bill. The planners tried hard to get it right but it was a traffic nightmare. So motorists worked out their own strategies and after a few hiccups (the country lanes were a bit clogged for a day), came up with their own devices for getting across the county, and it worked. I suspect the planners tweaked their traffic lights, but there wasn't a "Diversion" sign in sight. The people triumphed with their private resourcefulness.

STEVEN WRIGHT JOKES

(A US deadpan comic who looks a bit spaced out) The café said, "Breakfast at any time" So I had French toast during the Renaissance. Eagles may soar but weasels don't get sucked into jet engines.

A lot of people are afraid of heights. I'm afraid of widths.

CONTACT TOMMY AT TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

Appeal for information following Bognor assault

POLICE are appealing for information following an assault in Bognor Regis last week.

At approximately 6.30pm on Sunday (11 March) a 55-year-old man was driving home when he entered Victoria Drive from the square-about towards Annandale Ave.

When he was opposite Downlands Vets he saw three men crossing the road and all of them gestured towards the victim.

The victim then saw the same men walking up Victoria Drive so drew up alongside them, wound down his window and told them that it was not acceptable to make those gestures.

All three men approached his van and started rocking it and spitting at on it.

Then one of the men punched the victim in the face before all three ran away.

The victim sustained a deep cut under his eye which had swollen up and bled considerably.

The offenders are described as white and were all smartly dressed.

The man that assaulted the victim was described as 5'10", medium build, dark short hair, wearing a long-sleeved light grey and dark grey top with horizontal dark and light lines on it.

If you have any information relating to this incident please call Sussex Police on 101 quoting serial 1404 of 11/3 or the independent charity Crimestoppers anonymously on 0800 555 111.

Hampshire man charged following fatal Chichester collision

JOHN FLETCHER, 63, of King Street, Odiham, Hook, Hampshire, has been charged with death by careless driving following a fatal collision on the B2141, Chilgrove Road, near Chichester on 16 September 2011.

Fletcher's Alpha Romeo collided with a Samson Classic Motorcycle driven by Andre Evers, 48, from Blankenhagen, Germany, who was taken to the Royal London Hospital where he died from his injuries.

Fletcher has been bailed to appear before Chichester Magistrates' Court on 28 March.

• A COUPLE have been charged with producing cannabis following a raid at their home in Sandymount Avenue, Bersted, Bognor, last October.

Alan Bradbury, 71, a taxi driver, and Eileen Bradbury, 68, both of Sandymount Avenue, Bersted, Bognor, were arrested on 18 October 2011 after police executed a drugs warrant at the address.

They have been charged with producing 1.8kg of cannabis. Both have been bailed to appear at Chichester Magistrates' Court on 28 March.

Motorcyclist killed in Petworth crash

A MOTORCYCLIST has been killed and a driver seriously hurt in a crash in West Sussex.

The collision happened on Saturday (10 March) at around 4.45pm on the A285, Petworth, at the junction of Hasiingbourne Lane.

The 41-year-old man from, named as Justin Mackey, from Liss, Hampshire, was riding a red Yamaha R1 when he collided with a blue Volvo S60. Sadly emergency services were unable to save the man's life and he died at the scene.

The 37-year-old man from Bognor Regis driving the Volvo was taken to St Richard's hospital, Chichester, with serious injuries, he was discharged on Monday 12 March.

Anyone with information is asked to contact Sussex Police on 101 quoting Operation Columba.

• SUSSEX POLICE are appealing for information after a 42-year-old woman had her rucksack pulled from her back on Tuesday 6 March in Chichester.

The victim was walking from Bognor Road into Florence Road, heading towards Windsor Road at around 8.20pm, when she was shoved from behind causing her to fall to her knees. The suspects then rifled through her bag before discarding it nearby.

Detective Sergeant Sally Arbuckle from West Sussex CID said: "Fortunately the woman was not seriously injured and none of her belongings were taken but nonetheless she is very shaken by the whole incident.

"Due to the victim being shoved from behind, she did not get a good look at the suspects, we only know there were about three men, white and in their 20's."

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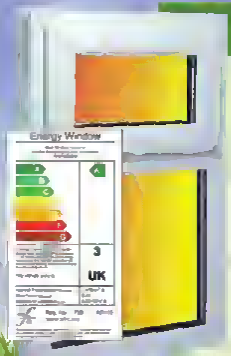

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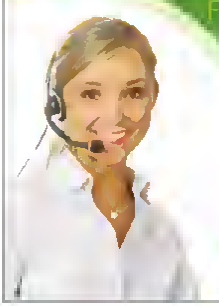

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Council appoints its first ever female Chief Executive

CHICHESTER District Council has recruited its first female Chief Executive in its 38 year history.

Diane Shepherd has worked in local government for 24 years and is both a qualified accountant and personnel practitioner. She has experience of managing a wide range of services, including Finance, Personnel, Legal Services, IT, Customer Services, Public Relations and Member Services.

Cllr Heather Caird, Leader of Chichester District Council, who chaired the appointment panel, says: "We want to maintain strong leadership, build on our successes, and make sure that we have someone who can take us forward through challenging times.

Diane has already played a key role in making sure that the council remains in a good financial position. She is a strong leader who has the talent and drive to take the council forward to meet the needs of our local communities."

Diane Shepherd, 45, Chief Executive of Chichester District Council, says: "I'm delighted and honoured to be offered this role.

"We know that there will be challenging times ahead, but I am looking forward to working closely with our staff, communities and partners to make sure we continue to deliver quality services that are good value for money."

Angels arrive in the City Centre

A NEW community driven project called City Angels will be launching in Chichester City Centre today (Friday 10).

Every Friday night a team of eight 'Angels' will be out and about in Chichester from 9pm helping people to have a safe night out. The City Angels project, run by Revelation Church, is modelled on other successful national schemes such as 'Street Angels' and 'Street Pastors'.

Lee Nancarrow, from Revelation Church, says: "The City Angels are people who are passionate about Chichester and making our City centre a fun filled safe place to be. We will be out and about in pairs with our rucksacks loaded with first aid kits, space blankets, flip flops, bottles of water and referral cards from other great organisations in the area.

"We will also have a City Angels van parked at the bottom of South Street from 10pm serving free tea and coffee. We will work in close communication with the Police and door staff so we can be where help is needed. We have over 50 trained volunteers, with the youngest just 18 years old and the oldest 54 years old!"

The Church has been working with Sussex Police and Chichester District Council on the project. Cllr Janet Duncton, Cabinet Member for Housing and Planning at Chichester District Council and also covers Community Safety, says: "Projects like this are running successfully up and down the country,

reducing incidents of antisocial behaviour and helping to make sure that people can enjoy their night out and get home safely. Our Community safety Partnership has been working closely with Revelation Church to look at where and how this could work in the City Centre.

"There are some amazing volunteers within our district, and this is shown by the number of City Angels willing to spend their Friday night helping out people in our City Centre. The City Angels will help visitors to Chichester enjoy their Friday night, whether this is simply with a hot chocolate, or a chat."

The Church's Mr Nancarrow added: "We do it because no one else does. We do it because we want to make a difference! We do it because we want to make the streets safer and calmer. We do it because there are over 250 similar schemes across the UK that are boasting the most amazing stats in crime reduction and we want to see this happen in our home City!

"We are funded by the police, the district and county council, most local churches in Chichester and a global organisation called 24/7prayer!"

For more information on the City Angels project, please contact Lee Nancarrow on 01243 531808, lee@revelation.org.uk or go to www.cityangels.org.uk.

Do you agree with the police funding drunks with flip flops and hot chocolate? You can tweet us at @chiherald

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www.chichester.gov.uk/homefinder

Provided by Chichester District Council

Ideal Home Show Young Gardeners of the Year competition: Chichester College students prepare for 'judgment day'

AFTER the success of last year's competition, Chichester College is one of only six colleges to have been invited back for the second Ideal Home Show 2012 Young Gardeners of the Year competition, held in association with The Prince's Foundation for the Built Environment.

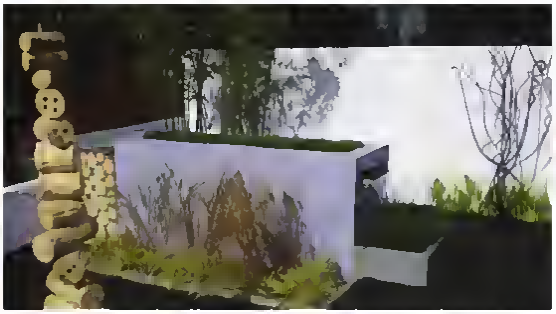
Course leader, Mark Howard, asked students for ideas for the show, and four budding designers from the Horticulture Diploma Course (Level 3), Craig Hill, Joss Del-Smith, Kim Stearn and Lucy Judd, submitted designs and worked together to amalgamate the best features for the final design.

The final design takes the idea of the rough with the smooth, unity, harmony and balance. This is demonstrated by smooth curves flowing throughout the garden and a variety of recycled materials.

The garden incorporates a flint wall, as prehistoric flint artefacts have been found on campus. It also incorporates a fire pit made from a recycled oil drum, courtesy of the blacksmiths at the college.

Natural, sustainable materials will be used to promote harmony with nature, alongside land craft techniques, such as willow weaving and the building of the flint wall. The planting is designed to encourage wildlife, as is the 'insect hotel' and bird-feeding station. The living wall will play a part in offsetting the pollution found in urban areas.

Kim Stearn, mature Chichester College student, is part of the Chichester gardens team hoping for a 2012 victory.



She said: "As a group, we are very much in to the environment, sustainability and recycling, so this is a perfect brief for us, and we have put all our ideas together. We are planning to have a lot of sweeping and naturalistic type beds using a lot of willow, grasses and natural flowers, composts and vegetables in our design."

Channel 5's TV Gardener, David Domoney, recently visited Horticulture students at Brinsbury Campus, Chichester College, to give a charismatic and inspirational talk about his industry experience.

The students then had just one week to build and plant their garden outside Earls Court, ready for the Ideal Home Show which started today (Friday 16 March). During the week they were monitored and supported by Domoney in preparation for the judging panel.

David Domoney said: "Last year over a quarter of a million people at the Ideal Home Show got to appreciate the show gardens designed by our young students and this kind of exposure, with support from The Prince's Foundation for the Built Environment, can prove a great fuel injection in those young people's career paths and help them stand out from the competition when they come to apply for work."

Free cycle training for pupils over school holidays

FREE cycle training courses run by West Sussex County Council are due to be held over the Easter and Summer holidays.

The Level 2 Bikeability courses – described as "a cycling proficiency for the 21st century" – are suitable for cyclists aged ten or over.

Cyclists will be taught how to deal with traffic on short journeys such as cycling to school.

The Easter holiday course is running over four days between Monday 2 April and Thursday 5 April, at Chichester College, Chichester. Each day will last from 10am to 12.30pm.

The Summer holiday course is running over five days between Monday 23 July and Friday 27 July. This course is also being held at Chichester College from 10am to 12pm each day.

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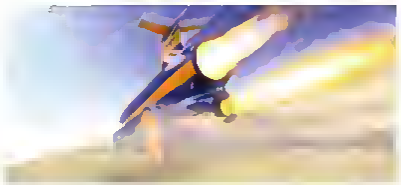
BLOODHOUND Super Sonic Car project speeds in to Chichester College



CHICHESTER COLLEGE will be inviting students and businesses from across Sussex and Hampshire to attend special science, technology, engineering and mathe (STEM) lessons delivered by BLOODHOUND's team of inspiring educationalists, next week on 20-21 March.

BLOODHOUND SSC, is the ultimate jet and rocket powered racing car, designed to reach speeds over 1,000 mph and set a new World Land Speed Record when it runs on its desert race track across the Hakskeen Pan, Northern Cape, South Africa in 2013.

The BLOODHOUND Project is an international education initiative focused around the record attempt. The core aim is to inspire young people to pursue careers in STEM subjects by showcasing these subjects in the most exciting way possible.

The college's science and engineering students will also be hosting a variety of interactive demonstrations as well as the opportunity to take a ride in the official BLOODHOUND SSC simulator.

The BLOODHOUND SSC project is unique when compared to other ground breaking engineering ventures as that all the information about the research, design, build and testing of the car is available to teachers and students, and anyone that wishes to visit the website.

Jonathan Parsons, HR Director for Cosworth Group, said: "We firmly believe that inspirational projects like BLOODHOUND SSC can act as the spark to ignite an interest in STEM subjects helping to create the next generation of great British Engineers."

The BLOODHOUND Education Programme already has over 4,000 primary and secondary schools from across the UK signed up and using the BLOODHOUND education resources to bring a whole host of STEM lessons to life.

Schools are invited to attend during the day, the local community can attend an evening event and businesses are welcomed to a networking breakfast.

Visit www.chichester.ac.uk/News/Bloodhound to book a place and get involved with this landmark project.

Still time to take part in Sport Relief Mile

THERE IS STILL time to get your running shoes on and enter this year's Sainsbury's Sport Relief Mile, which is just over one week away!

Chichester's Sport Relief Mile is on Sunday 25 March and it sets off from Graylingwell Park.

You can enter through the Sport Relief website www.sportrelief.com or through the council's website at www.chichester.gov.uk and type in 'Sport Relief 2012'.

Cllr Eileen Lintill, Cabinet Member for Leisure and Wellbeing at Chichester District Council, says: "There's something for everyone as you can walk, run or jog, one, three or six miles. So what are you waiting for? Sign up now. It's for a great cause as the money you raise for Comic Relief will to help transform lives here in the UK and across the world's poorest countries."

As well as the run, there will also be a free community play pop-up event at Graylingwell Park from 11am to 1pm. The event, held as part of Outdoor Play Week, which takes place from Saturday 24 March to Sunday 1 April, includes Zumba demonstrations, football skills and drills activities with Brighton and Hove Albion FC, rugby skills and drills activities with Chichester Rugby Club and Driving Force Coaching, LCA cricket, nature play activities such as kite making, nature pictures and a bug hunt, Spirit FM Roadshow, Westgate Leisure Chichester activities, and the council's own Wellbeing Team.

The event is supported locally by organisations including Linden Homes, Affinity Sutton, the Homes and Community Agency, Global Scaffolding, Chichester Community Development Trust and the University of Chichester.

For more information or to sign up go to www.chichester.gov.uk/sport, or contact the Sport and Leisure Team at Chichester District Council on 01243 534857 or email sport@chichester.gov.uk.

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Signposted from Bedhampton and Cosham
Saturday, Sunday & Easter Monday
April 7th, 8th & 9th
10.30am to 4.30pm
Join us for a celebration of Crafts. Spend a fascinating few hours at the fort. Enjoy some refreshments, tour the underground tunnels and savour the way best of crafts from around the world. And for the children magic shows and "Make and Take".
A superb range of Crafts, Art and Speciality Foods
Adults £3.00
Seniors £2.50
Under 16s FREE

Chichester Garden Market
in Chichester City Centre
on the pedestalised areas of North Street and East Street
Friday, Saturday & Sunday
May 25th, 26th & 27th
Friday & Saturday: 9am-5.30pm, Sunday: 10am-5pm
For the fifth year running the heart of Chichester will come alive with up to 50 garden stands to a burst of colour for three days in May! This will be a fantastic chance to find a wide range of top quality plants, garden crafts, garden equipment, furniture, accessories, supplies and services.
In fact everything for your garden!

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Andrew Colman Dip CDT RCS (Eng)

Our team is headed by Andrew Colman, who has 24 years experience in the dental profession; he is a fully qualified Clinical Dental Technician (Registered with the General Dental Council Reg No. 109845) having been awarded the Clinical Dental Technician Diploma by the George Brown College (Toronto) and the Royal College of Surgeons (England) and is also a qualified IRMA operator in Ionising Radiation.

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Council will tweet its work over twelve-hour period

CHICHESTER District Council (@ ChichesterDC) will be using Twitter to lift the lid on its work over a twelve-hour period on Thursday 22 March 2012

The tweets, which will start at 6am and finish at 6pm, aim to highlight the services provided by the council, using the hash tag #cdc12

"Many people think that councils only operate from 9am until 5pm, when in fact, the truth is very different. We have people on-call 24 hours a day ready to deal with emergencies and issues that arise throughout the night," says Cllr Tricia Tull, Cabinet Member for Finance at Chichester District Council

"Many people will also be surprised to know that a Band D taxpayer pays us £2.56 a week, which is less than the majority of items in your weekly shop. For this we deliver over 80 services

"This is a chance to give people a snapshot of what we deal with on a daily basis."

Frontline services will not be disrupted throughout the day and no money has been spent on the project, which is being provided by free software and staff goodwill. Some of the posts will also be shared on the council's Facebook (facebook.com/chichesterdistrictcouncil) and YouTube (youtube.com/chichesterdcouncil) sites.

"We want to encourage people to follow us @ChichesterDC to get an idea of what we deal with on an average day," adds Tricia.

Local Trust secures £38,000 to save 150 tonnes of carbon from Chichester households every year

CHICHESTER Community Development Trust, based at Graylingwell, has just secured £38,000 to support community energy efficiency measures across Chichester.

The programme will save an estimated 500-700kg of carbon every year by each of the 250 households participating - making the total saved a predicted 150-175 tonnes of carbon per year.

The funding is from the Government's LEAF (Local Energy Assessment Fund) programme, administered by the Energy Saving Trust, and will be of interest to both householders and community groups across Chichester District.

The project is motivating over 250 resident households across the District to take action to reduce their energy use, and will lay the foundations for a growing action programme to be taken forward in partnership with Transition Chichester.

Chichester CDT is also promoting energy-related initiatives in partnership with Transition Chichester and Groundwork Trust.

All Chichester residents are encouraged to participate in the initiatives:

Green Doctor Home Visits - 50 households will receive free home visits by the Green Doctor to provide advice on saving energy and installing immediate basic measures.

Free Energy Efficiency Workshops designed to give information and practical tips: Saturday 17 March, 11-1pm, St. George's Church Centre, Cleveland Road, Chichester; Monday 19 March, 6-8pm, Donnington Parish Hall, Stockbridge Road, Wednesday 21 March, 7-9pm, St. Paul's Parish Hall, Churchgate, Chichester, and Saturday 31 March, 10-12pm, Tangmere Village Hall, Malcolm Road, Tangmere. These are free and open to the public, and residents are encouraged to just turn up.

- Home Electricity monitors: Transition Chichester have 100 Eco-Eye Electricity monitors to be borrowed by households for up to a year to monitor their energy use. Two Thermal Imaging cameras are also available take a photo image to show heat loss from a house.

Chichester CDT is based at Graylingwell which is the UK's largest net zero carbon development, where 750 homes are being constructed within the grounds of the former Graylingwell hospital. The development includes Graylingwell Energy, a company that specialises in the generation and distribution of environmentally-sound, affordable heating and hot water for residents. One of the Trust's aims is to encourage green lifestyle, and to use the exemplar development as a foundation for information and peer education on lifestyle choices for households across Chichester.

For details and information on any aspect of the LEAF programme and the projects above, please visit the Trust's website: www.chichesterdt.org.uk, or email Mark Patchett Mark@chichesterdt.org.uk

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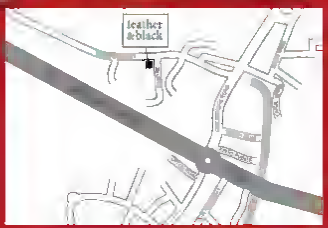

*All clearance products are subject to availability and are sold as seen.

Yapton celebrates Government grant for Neighbourhood Plan

YAPTON Neighbourhood Planning Group is celebrating news that it has been awarded a Government grant to develop its plan.

The Yapton Neighbourhood Plan is being compiled by local residents, with the support of Yapton Parish Council, to establish a vision for the evolution and long term sustainability of the village over the next ten to fifteen years.

The group is one of 108 projects around the country that was successful in its application for the fifth wave of the Neighbourhood Planning Front Runners' scheme.

The application was submitted on behalf of the group by Yapton Parish Council with the help of Arun District Council. Councils will receive £20,000 per project to support their work to help their communities with neighbourhood planning.

Andy Faulkner, Co-Chairman of the Yapton Plan Group, says, "We've had a fantastic response so far. We are really keen to hear the views of the younger element of Yapton, not just the teenagers but young couples with young families. Their thoughts on the future, especially on key issues like education and employment are vital."

Surveys can be found and completed online at www.ynp.org.uk or found at local collection/drop off points in the village, including the Co-op, Avisford Surgery and Bilsham stores.

The closing date for completing the survey is Thursday 31 May.

POLICE are appealing for information following a recent spree of car damage in Petworth on Saturday 3 March.

Seven privately owned vehicles parked in Grove Street, Rosemary Lane, Cherry Orchard Lane and Sheepdown Drive were damaged sometime between late evening on Friday 2 March and 12.30am on Saturday 3 March.

The damage included broken wing mirrors and windows, and dents to the bodywork. One car had its roof damaged, when a sofa that was due to be taken to a tip, was placed on the roof. The window of the police station was also smashed.

PC Chris Glasspool from Midhurst & Petworth Neighbourhood Policing Team said: "These were acts of mindless vandalism by people who decided to go on a rampage through a few streets in Petworth.

"All of the vehicles damaged will have to be repaired which has left their owners out of pocket, some of whom are elderly and really could do without the emotional and financial upset.

"I would urge anyone with information that could help police with their inquiries to please call 101 quoting serial 482 of 3/3 or the independent charity Crimestoppers anonymously on 0800 555 111."

A 19-year-old local man has been arrested on suspicion of criminal damage and bailed until 7 April pending further inquiries.

The Circle of (mis)Trust

Mia Edwards

I WAS recently stupid enough to trust a rumour. It didn't really affect me; I mean, if I hadn't heard it, my life wouldn't be that different. It was about someone that I don't really know and have no particular attachment to.

But when I found out that it wasn't true, I felt massively guilty for believing it. You see the thing is, whenever I saw the person, I thought how smug and annoying they were. And now that I know that the rumour isn't true, I feel bad for judging.

You could say that it's us girls in our evil little groups, huddling together with our mean eyes flitting about, whispering the latest 'news'. I'd be lying if I said that I never gossip, but it definitely doesn't happen like that. It usually comes in stages.

1. Somebody does something slightly interesting. It doesn't even really need to register on the 'Oh my Goodness' Scale, it just needs to be a conversation starter.
2. It spreads. People aren't that bothered about it, until someone takes it upon themselves to exaggerate to the next recipient and change the version of events.
3. People begin to buzz with the weight of it. You could walk past people eating lunch and guess their topic of conversation: "Oh my god, seriously? That's, like, crazy!"
4. Finally, the victim hears the rumours and is upset that people are so judgemental and mean. This sparks a chain of mixed responses:

"She's crying in the TOILETS? What a baby!"

And the classic: "What, really? Wow, maybe I should go pry into her private matters and either humiliate her, make her annoyed or make her spill all her secrets so that there's more to talk about." (This one's not normally said out loud, just to clarify.)

So you see, it's a vicious chain, and once you're in it, it's hard to escape. The worst part is, everybody's been there, but it never really makes you more understanding of others when you're the target. In the end, there's not much you can do. Oh, and before I go, did you hear about that girl who

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DAY EXCURSIONS

01 Apr	DIVERSITY	Brighton Centre
11 Apr	WICKED	Apollo Victoria Theatre
11 Apr	THE WIZARD OF OZ	London Palladium
12 Apr	MOUNTBATTEN FESTIVAL OF MUSIC	The Royal Albert Hall
14 Apr	DIRTY DANCING	The Mayflower Theatre
17 Apr	TORVILL & DEAN'S DANCING ON ICE	Wembley Arena
28 Apr	DANIEL O'DONNELL	BIC Bournemouth
11 May	THE DIAMOND JUBILEE PAGEANT	Windsor Castle
12 May	BILLY ELLIOT	Victoria Palace Theatre
12 May	CHICAGO	The Garrick Theatre
15 May	BARRY MANILOW	O2 Arena
17 May	OLIVER	The Mayflower Theatre
31 May	GHOST, THE MUSICAL	Piccadilly Theatre
07 Jun	STEEL MAGNOLIAS	The Mayflower Theatre
08 Jun	CHICAGO, THE MUSICAL	The Garrick Theatre
08 Jun	MAMMA MIA	Prince of Wales Theatre
10 Jun	RUSSELL WATSON	Portsmouth Guildhall
13 Jun	SINGING IN THE RAIN	Palace Theatre
13 Jun	SWEENEY TODD	Adelphi Theatre
14 Jun	MIDNIGHT TANGO	The Mayflower Theatre
19 Jun	LOOSE WOMEN	Southbank Studios
23 Jun	RAF MUSIC SALUTE TO THE QUEEN'S JUBILEE	Loseley Park
27 Jun	THE LION KING	Lyceum Theatre
27 Jun	LES MISERABLES	Queens Theatre
28 Jun	MAGIC OF THE MUSICALS	Old Tyme Players, New Forest
28 Jun	LEGALLY BLONDE	The Mayflower Theatre
30 Jun	DREAMBOATS & PETTICOATS	The Playhouse Theatre
30 Jun	BLOOD BROTHERS	Phoenix Theatre
05 Jul	PORGY & BESS	The Mayflower Theatre
05 Jul	WAR HORSE	New London Theatre
13 Jul	THE KING'S SPEECH	Wyndhams Theatre
15 Jul	TOP HAT	Aldwych Theatre
19 Jul	GHOST THE MUSICAL	Piccadilly Theatre
21 Jul	HAIR THE MUSICAL	The Mayflower Theatre
04 Aug	KEN DODD	Worthing Pavilion
15 Aug	THE LION, THE WITCH & THE WARDROBE	Kensington Gardens
08 Sep	CAROUSEL	The Barbican
14 Sep	JOHN BISHOP	BIC Bournemouth
19 Sep	THE LION KING	Lyceum Theatre
19 Sep	LES MISERABLES	Queens Theatre
04 Oct	42ND STREET	The Mayflower Theatre
06 Oct	JERSEY BOYS	Prince Edward Theatre
13 Oct	CIRQUE DU SOLEIL MICHAEL JACKSON - THE IMMORTAL WORLD TOUR	O2 Arena
18 Oct	WAR HORSE	New London Theatre
20 Oct	NEIL SEDAKA	BIC Bournemouth
D1 Nov	ICE AGE LIVE	Wembley Arena
03 Nov	ICE AGE LIVE	Wembley Arena
06 Nov	THE MOUSETRAP	The Mayflower Theatre
11 Dec	PETER ANDRE	Brighton Centre
18 Dec	WAR OF THE WORLDS	Brighton Centre
31 Jun 14 Feb	PHANTOM OF THE OPERA	The Mayflower Theatre

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Canapes fit for a queen

STAFF AND PUPILS at Lavant House School got an early start on their Diamond Jubilee preparations the other week as local chef and restaurateur, Giles Thompson demonstrated how to make canapés which would definitely win the royal seal of approval.

Giles, who owns The Earl of March at Lavant as well as The Partridge Inn at Singleton, used to be head chef at the world renowned Ritz hotel in London. As well as wowing the audience with his expert food demonstrations, he kept the large group entertained with his tales of life in such a high profile kitchen.

Canapés rustled up included, mini sausage and mustard mash, mini fish and chips, risotto balls with crème fraiche dressing, mini roast potatoes, mozzarella and tomato sticks with balsamic vinegar and micro herbs grown in glass dishes.

Headmistress of Lavant House School, Kate Bartholomew said: "We were all kept very entertained and well fed by Giles who kindly took us step-by-step through his method for preparing a fantastically impressive platter of canapes using thoroughly British ingredients."

The evening, held in the school's Scott Building, was arranged by the Parents and Friends Association with funds going towards a new food technology room.

Chichester Library to showcase Francis Frith's old West Sussex photos

CHICHESTER LIBRARY is just one library in the county to be showcasing photos taken by renowned photographer Francis Frith during the next three months.

Ten branches across West Sussex will display nearly 200 photographs, dating back from the 1800s to 1930s, to tie-in with a new BBC series on the Victorian pioneer starting this week.

He is best known for taking more than 305,000 pictures of almost every town and village in the UK - many of which were later turned into picture postcards.

Chichester is one of the first branches in the county to feature the displays which can be seen until March 31.

Lionel Barnard, County Council Deputy Leader who oversees the library service, said: "This is an excellent opportunity to see West Sussex's past from the lens of one of the world's greatest photographers.

To view the pictures featured at the displays go to the West Sussex Past Pictures website at: www.westsussexpast.org/pictures.

Better Connected in North Chichester

AN UPDATE on West Sussex County Council's project to improve broadband access across the county will be given to North Chichester County Local Committee this month.

The Committee meets on Tuesday March 20, from 7pm, at Duncton Village Hall, Duncton, GU28 0JY.

Chairman Nola Hendon said: "The County Council is currently encouraging residents and businesses to sign up and register their need for better broadband in their local area.

"We'll be receiving an update on how this is being taken up, and on the whole 'Better Connected' project."

The Committee will also consider plans for a proposed reduction to a speed limit in Easebourne, and a report looking at the result of speed surveys run on Elsted Road, Elsted Marsh.

The latest round of Community Initiative Fund applications will be considered by the Committee, and there will be the chance for residents to raise any issues and concerns they may have in the 'talk with us' forum.

For further information or to see the agenda visit the West Sussex County Council website at www.westsussex.gov.uk and click on the link to 'County Local Committees'.

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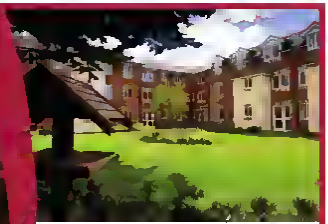

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Happy Mother's Day

Mother's Day History

THE HISTORY of Mother's Day is centuries old and goes back to the times of ancient Greeks, who held festivities to honour Rhea, the mother of the gods. The early Christians celebrated the Mother's Festival on the fourth Sunday of Lent to honour Mary, the mother of Christ. Interestingly, later on a religious order changed the holiday to include all mothers, and named it as the Mothering Sunday. The English colonists settled in America discontinued the tradition of Mothering Sunday because of lack of time. In 1872 Julia Ward Howe organised a day for mothers dedicated to peace. It is a landmark in the history of Mother's Day.

In 1907 Anna M. Jarvis (1864-1948) a Philadelphia school teacher, began a movement to set up a national Mother's Day in honour of her mother Ann Maria Reeves Jarvis. She solicited the help of hundreds of legislators and prominent businessmen to create a special day to honour mothers. The first Mother's Day observance was a church service honouring Anna's mother. Anna handed out her mother's favorite flowers, the white carnations, on the occasion as they represent sweetness, purity and patience. Anna's hard work finally paid off in the year 1914 when President Woodrow Wilson proclaimed the second Sunday in May as a national holiday in honour of mothers.

Slowly and gradually the Mother's day became very popular and gift giving activity increased. All the commercialization of the Mother's day infuriated Anna as she believed that the day's sentiment was being sacrificed at the expense of greed and profit.

Regardless of Jarvis's worries, Mother's Day has flourished in the United States. Actually, the second Sunday of May has become the most popular day of the year. Although Anna may not be with us but the Mother's day lives on and has spread to various countries of the world. Many countries throughout the world celebrate Mother's Day at various times during the year, but some such as Denmark, Finland, Italy, Turkey, Australia and Belgium also celebrate Mother's Day on the second Sunday of May.

Mothering Sunday

The early Christians in England celebrated the Mother's festival on the fourth Sunday of Lent (the 40 day period leading up to Easter) to honor Mary the mother of Christ. Interestingly, later on a religious order changed the holiday to include all mothers and named it as the Mothering Sunday. People working out of their homes were expected to return to the 'mother' church (the spiritual power that gave them life and protected them from harm). It also became an occasion for family reunions.

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Mother's Day
A Special Celebration
Sunday 18th March
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Get the kids baking for Mother's Day

Iced biscuits

Get the kids baking with these simple biscuits. Let their imagination run wild with the icing!

Less than 30 mins preparation time and 10 to 12 mins cooking time, makes 24 biscuits

Ingredients

- 100g/3½oz unsalted butter, softened at room temperature
- 100g/3½oz caster sugar
- 1 free-range egg, lightly beaten
- 275g/10oz plain flour
- 1 tsp vanilla extract
- To decorate
- 400g/14oz icing sugar
- 3-4 tbsp water
- 3 drops food colourings

Preparation method

Preheat the oven to 190C/375F/Gas 5. Line a baking tray with greaseproof paper.

Cream the butter and sugar together in a bowl until combined.

Beat in the egg and vanilla extract, a little at a time, until well combined.

Stir in the flour until the mixture comes together as a dough.

Roll the dough out on a lightly floured work surface to a thickness of 1cm/½in.

Using biscuit cutters, cut biscuits out of the dough and carefully place onto the baking tray.

Bake the biscuits for 8-10 minutes or until pale golden-brown. Set aside to harden for 5 minutes, then cool on a wire rack.

For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring.

Carefully spread the icing onto the biscuits using a knife and set aside until the icing hardens.

Make Mum's day

Our pick of the best value gifts for Mothering Sunday

YOU can make your mum feel like a million dollars this Mother's Day – while spending a lot, lot less.

Last year Brits splashed out £56.4million on cards alone – and most of them will have forked out on presents too.

But if you shop around, you can find bargain treats to keep a smile on all your faces this Sunday.

Here's our round-up of the best...

FLOWERS. Supermarkets have some blooming bargains for Mother's Day. Co-op have a tulip bouquet for just £3, and Sainsbury's offer mini flower boxes for £3.

Asda have a cute flower basket with grow-your-own lilies for £5. And even kids can afford Morrisons Mother's Day bouquets for £2 and Pocket Money bunches for £3.

CHOCOLATES. You can't go wrong with sweet treats.

At Co-op, Thornton's Collection boxes are down from £7.99 to £3.99. Sainsbury's have a bag of yummy truffles for £2.69.

Tesco have bags of chocolate hearts for £1. And kids will love making their gift personal with Tesco's Design Your Own Chocolate Flower, £4.

CARDS. Most "so bought cards are quite expensive but Poundland have a great range of cards and gift bags for £1 each, plus sets with wrap, card and gift tag, also £1.

LUNCH. Mum shouldn't have to do the cooking on Mother's Day. Marks & Spencer have a Dine In deal for four for £15. Choose a roast joint, a large side dish, a dessert and a bottle of wine.

TOILETRIES. Do the washing up while your mum has a soak in the bath. Champneys Mother's Day Collection is down from £40 to £19 at Boots and includes shower gel, body spray, hand cream, facial polish and a moisture mask. Body Shop have slashed the price of gift sets, worth £32, to £20. And Waitrose are offering a third off many gift sets, including Bath Kids.

SOMETHING DIFFERENT. Poundland have Best Mum washing-up gloves for a quid.

Although if that's all you get her, don't expect to be Best Child!

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Entertainment

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John Carter (12A)

FOUR out of Five stars

Running time 132 mins
Director Andrew Stanton
Starring: Taylor Kitsch, Willem Dafoe, Lynn Collins, Mark Strong, James Purefoy, Dominic West, Ciaran Hinds, Thomas Haden Church, Samantha Morton, Polly Walker

Beautifully designed and impressively directed, this is a thoroughly enjoyable, emotionally engaging space opera with an intelligent script, strong characters, terrific special effects and superb performances from Taylor Kitsch and Lynn Collins

What's it all about?
Pixar director Andrew Stanton's (Finding Nemo, WALL-E) first foray into live-action is based on the series of fantasy novels by Edgar Rice Burroughs (the first written in 1912) that set the template for such future genre staples as Superman, Flash Gordon, Star Wars and so on. Taylor Kitsch stars as disillusioned American Civil War veteran John Carter, who's mysteriously transported to Mars – which the natives call Barsoom – where he's captured by a four armed race of green-skinned, nine foot tall Tharks led by Tars Tarkus (Willem Dafoe).

Carter soon learns that Barsoom is under threat, thanks to a raging war between rival tribes the Zodangans - lead by the villainous Sab Than (Dominic West), who's been given a game-changing superweapon by manipulative, all-powerful Therns (a sort of super-powered mystic) Matai Shang (Mark Strong) – and the peace-loving Heliumites, lead by King Tardos Mors (Ciaran Hinds) and his feisty daughter, scantily-clad philosopher-slash-warrior Dejah Thoris (Lynn Collins, Kitsch's co-star in Wolverine: Origins). Discovering that his bone density gives him super strength and the ability to leap tall buildings in a single bound, Carter rescues Dejah from the clutches of the Zodagans and makes a powerful enemy of Matai Shang in the process.

The Good
The performances are excellent. Kitsch and Collins have strong chemistry together and there's superb support from the likes of Strong, Hinds, Dafoe and James Purefoy, who has a scene-stealing sequence as Dejah's sworn protector, Kantos Kan. There's also good work from Daryl Sabara as Edgar Rice Burroughs in framing back-on-earth scenes that allow for the reading of Carter's journal.

As you'd expect from Pixar, the digitally animated special effects are flawless – there's not a moment of dodgy CGI in the entire film and the Barsoom landscapes are gorgeously rendered, as are details like the Zodangan's moving city or their dragonfly-like aircraft. Stanton also delivers a number of exciting set pieces, the highlights of which are a fight to the death with a pair of vicious White Apes in an arena and an almighty battle against a race of Warsoon (like Tharks but nastier).

The Great
The script is refreshingly intelligent throughout, though it's perhaps fair to say that the film could have used a nudge more comedy, Carter's adorable alien space dog notwithstanding. It's also worth noting that while technically proficient, the 3D effects don't really add anything and the film will play just as well, if not better in 2D.

Worth seeing?
John Carter is a hugely entertaining, pleasingly old fashioned space adventure that deserves its shot at the planned trilogy. Recommended.

JOHN CARTER COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets and merchandise, answer the following question:

Q. WHO WROTE THE SERIES OF NOVELS ABOUT JOHN CARTER?

A) H.G. WELLS

B) EDGAR RICE BURROUGHS

C) CHARLES DICKENS

Send your answer and your full name, address and a contact phone number to ***info@chichesterherald.co.uk.*** One lucky winner will be selected at random. Closing time is Tuesday 20th March at midday. The winner will be notified later on that day.

• Last weeks winner Caroline Wilson from Chichester

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WIN A PAIR OF TICKETS FOR THE 5TH CHICHESTER WRITING FESTIVAL

Chichester Herald, in partnership with West Dean College, are giving away a pair of tickets for the 5th Chichester Writing Festival to see three authors in 'An Audience With' which is taking place on Friday 30 March - Sunday 1 April 2012.

This year Festival Director and local author Kate Mosse will take a break from the filming of Labyrinth and editing her new novel Citadel to interview three brilliant, contrasting headline authors in 'An Audience With'.

Mark Billingham, author of ten straight Sunday Times bestselling crime novels; Joanna Trollope, number one best selling author whose most recent novel is Daughters-in-Law and Francesca Simon, now one of the UK's best selling children's writers with the Horrid Henry series.

For your chance to win this amazing prize, please answer the following question:

Q. THIS YEAR WILL BE THE __?__ CHICHESTER WRITING FESTIVAL

A) 3RD B) 5TH C) 7TH

Entries close on Wednesday 21st March 2012 at midday.

Please email your entry to competition@chichesterherald.co.uk or send your entry to Chichester Herald, Head Office, Suite 804, 26 The Hornet, Chichester, West Sussex, PO19 7BB. You must state 'West Dean Competition' and include your name, contact number and email address.

There is one prize of a pair of tickets to all THREE speakers. There is no cash alternative. A winner will be announced on Wednesday 21st March 2012. Further information on the talks can be seen at www.westdean.org.uk/Events/ChichesterWritingFestival.aspx. Entry details will not be kept on file.

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Saturday 17 March
13.30 Sheeshire (12A) 85m
15.15 Wide Sargasso Sea (12) 85m
17.00 Conversations with My Gardener (12A) 109m
19.00 Khodorkovsky (PG) 113m

Sunday 18 March
13.15 Miracle in Milan (PG) 89m
15.15 Khodorkovsky
17.30 Rachmaninov (PG) 103m
19.30 Sheeshire

Monday 19 March
12.15 Umberto D (PG) 89m
14.00 The Great White Silence (U) 104m
16.00 The Wreckers (15) 82m
19.30 Miracle in Milan

Tuesday 20 March
16.15 A Useful Life (U) 64m
17.30 The Wreckers

Wednesday 21 March
No Screenings

Thursday 22 March
12.15 My Afternoons with Marguerite (15) 82m
14.00 The Garden of the Finzi-Continis (PG) 90m
16.00 The Great White Silence
19.30 Umberto D

Chichester Players present Mixed Doubles

A BRIDEGROOM worries about his performance, a bored housewife jilts her besotted lover, a middle-aged couple smile as they seethe inside, Mixed Doubles is a comic and sometimes tragic entertainment on marriage.

Comprising of eight mini-plays interspersed with eight comic monologues by household names such as Alan Ayckbourn, Harold Pinter, and Fay Weldon, this evening's entertainment takes you on a journey through marriage, from altar to crypt.

Venue: New Park Centre, New Park Road, Chichester, PO19 7XY. Wednesday 21-Saturday 24 March, at 7.30pm. Tickets cost £8.00 – please call the box office on 01243 786650.

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Saturday TV

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HOW GOO MADE THE ENGLISH

BBC2 8pm

Despite its rarely linguistic title of the new three-part documentary it's actually a rather serious series that aims to explore what it means to be English and what has shaped English identity And while that may leave our Scottish Irish and Welsh cousins feeling a tad left out it may offer them a unique opportunity to find out what makes the English folk – and from that, a way of measuring how similar or different the home nations are. What's also interesting is that the programme-maker is Dr Michael Wood, a celebrity pal on the back for the English everywhere – in fact, in some areas, it's quite the opposite

BBC1

6.00 Breakfast 7.55 Salt day Kitchen Live 11.30 Football Focus 12.00 BBC News Regional News Weather 12.10 Live Six Nations Rugby Union 2.30 Live Six Nations Rugby Union 4.40 Live Six Nations Rugby Union England v Ireland (Kick-off 5.00pm)

6.00 BBC News Regional News Weather
7.10 Let's Dance for Sport Relief. The final of the charity dance contest, with a line-up including Miles Jupp, Laura and Tamsin Greig and Eddie 'the Eagle' Edwards and Omid Djalili. Last in the series
8.00 The National Lottery: In It to Win It Dale Winton presents the quiz show in which five contestants answer questions to win £100,000. Includes the Little and Thunderball draws (presented by Jenni Falconer
8.35 Casualty. Part three of three. Steve's convinced Anton was responsible for Jacko's rape despite his protestations of innocence and the violent gang conflict comes to a climax in the ED
10.05 BBC News, Weather.
10.20 Match of the Day. Including highlights of Fulham v Swansea City, National Lottery Update
11.05 The Football League Show Highlights of today's games in the Championship, League One and League Two.
1.00 Weathervane 1.05 BBC News.

BBC2

6.00 Cbeebies 7.00 CBBC
12.00 Escape to the Country Pt 1.00 Formula 1: Australian Grand Prix: Qualifying Highlights 2.10 Fate Overhead (1970) Historical drama, starring Richard Harris and Alec Guinness. 4.30 Final Score 5.30 Flog It!

6.30 Bob's Army. Walmington-on-Sea's finest accidentally fire all their ammunition at a passing aircraft. In Captain Mainwaring's reminiscences (R)
7.00 The Story of Light Entertainment. Stephen Fry charts the rise in fame of comedians from their humble beginnings as low-ranking variety performers to the high-earning superstars of today (R)
8.30 How God Made the English. New series. Dartmoor Magic. Michael explores what it means to be English, beginning with the notion that the English hate themselves learns than others.
9.30 How I Got Here for You. Satirical quiz. (R)
9.30 Arena: The Dreams of William Golding. Profile of the Lord of the Flies writer as his through his diaries, and the dreams he recorded. Bert recounts his private obsessions and insecurities.
11.00 FILM: Lord of the Flies. (1963) Drama, starring James Aubrey and Tom Chapin

12.30 The Sarah Millican Television Programme (R) 1.00 Pam Ayres (1988) Drama, with Thandie Newton 2.30 Close

ITV1

6.00 GTV Mid GTV 725 GTV
9.25 ITV News 9.30 The Bentley Kyle Show USA 10.25 The Jeremy Kyle Show USA 11.30 This Morning Saturday 12.30 ITV News Weather 12.30 Live FA Cup Football Everton v Sunderland (Kick-off 12.45pm) 3.00 Film Death on the Nile (1978) Agatha Christie mystery, with Peter Ustinov 5.30 Regional News Weather 6.45 ITV News, Weather

6.00 All Star Family Fortunes. Singer Sophie Ellis-Bextor and breakfaster Alan Fitzpatrick team up with their relatives in a bid to win a large cash prize for charity
7.00 New You've Been Framed! More unusual video clips
7.30 Harry Hill's TV Burp. Comic review of the week's small-screen highlights
8.30 Take Me Out. A double diving invitation, a media salesman, a hair consultant and a fish merchant try to impress 30 single women and last week's couples go on their dates. Paddy McGuinness hosts.
9.15 The Jonathan Ross Show With Sach Meloan and Sugar Ray Leonard
10.15 ITV News, Weather.
10.05 FA Cup Highlights. Anton loses the first two matches in the sixth round.
11.30 The Cube Final-ever edition of the game show (R)

12.25 The Zone, ITV News Headlines 3.00 In Plain Sight. 3.45 ITV Nightscreen 5.30 ITV Morning News

Channel 4

6.00 The Inside People (R) 6.25 Close 6.10 The Hoobs (R) 6.35 Road To London 2012: Paralympics Extra. The different athletes of football played at the Games. (R) 7.30 The Grid 7.55 This Morning Live 8.55 T4 Kids' Pop 9.25 T4 Real Stories Jimmimh (R) 10.25 T4 New Girl (R) 10.55 T4 Charlene Angels 11.00 T4 The Big Bang Theory (R) 12.25 T4 The Big Bang Theory (R) 12.55 T4 The Simpsons (R) 1.25 Channel 4 Racing 4.15 Channel 4 Presents – 2012: Moving Stories – Part Two (R) 4.30 Celma Dine with Me (R) 4.50 Celma Dine with Me (R) 5.20 Celma Dine with Me (R) 5.50 Celma Dine with Me (R)

6.25 Celma Dine with Me Paula Skeaton hosts the final week in Bury (R)
6.55 Channel 4 News.
7.30 4thought.tv. The concept of stanta.
7.50 Kirstie's Vintage Vegs. Hugh Fearnley-Whittingstall tries living as a vegetarian (R)
8.30 Sex Fat Gypsy Weddings The importance of teamin' and eyebrow tinting in traveller communities, featuring Priscilla, who ran away with a boy at the age of 15 (R)
9.30 The Celebrity Bank Job Famous faces compete in the game shown last on the channel in round-small model.
10.30 FILM: Copycat. (1965) Thriller, starring Sigourney Weaver.

12.05 Film Sex Drive. (2008) Pierrick Comedy, starring Josh Zuckerman. 2.45 Re, Re, Re (R)
3.30 Film: The Death of Mr Lazarescu (2005) Comedy drama, starring Laut Ferrulescu
5.25 Reaper (R)

Channel 5

6.00 Milkshake! 10.00 Animal Rescue Squad (R) 10.15 Emergency Vets (R) 11.20 Film: The Green Berets (1968) Vietnam War adventure, starring John Wayne 2.55 Film: Brenda Blly (1988) Comedy Western starring Clint Eastwood 4.30 Film: ITV Runaway Vacation (2008) Family comedy, starring Robert Wilmers.

5.30 5 News Weekend.
6.30 NCIS. Gibbs is forced to work with Trent Kort (R)
7.15 NCIS. An army sergeant goes missing on Abby's birthday, so the team explore him on a top secret research project — but Gibbs later learns her life could be in danger (R)
8.30 NCIS. Abby becomes personally involved in the case of a murdered naval scientist and makes a breakthrough when she listens to some of the meetings viewed by the body (R)
9.00 CSI: NY Two men are suspected of killing a judge because they misread harsh sentences for minor offences while Lindsay tries to unravel the alleged serial rapist who outfits Danielle.
10.00 Law & Order: Special Victims Unit. Salve from a tiger is discovered on a murdered model.
11.00 CSI: Crime Scene Investigation. (R)
11.50 Inside Hollywood

12.05 SuperCasino 4.00 Glass Scientists (R) 4.50 County Secrets (R) 6.00 Heroes Helpline (R) 5.10 The Milkshake Show (R) 6.25 Thomas & Friends. (R) 5.45 Rotary the Rescue Car (R)

Digital

ITV2
2.45 American Pie 5.00 Film: The Scorpion King (2002) Mild Film: Kangaroo Jack (2003). Comedy, starring Jerry O'Connell and Anthony Anderson. 9.10 Table Me Out. The Barmy 10.30 Celebrity Juice 10.45 Totally Bonkers Guinness Word Records 11.15 Film: Rumor Has It (2005) Romantic comedy starring Jennifer Aniston and Kevin Costner

ITV3
2.05 Lewis 11.30 Those Who Kill

ITV4
1.30 Film: Re Brave (Ulte) 3.00 Film: Red River (1948) 100 Whisker Wars 5.00 The Sweeney 6.00 Film: Cowgirls Out (Ulte) Crime drama, with Clint Eastwood. 11.00 Film: Obama (Ulte) Thriller, starring Robert De Niro.

BBC THREE
7.00 Doctor Who 8.10 Top Boss 9.15 Film: Confessions of a Shopaholic (2009) Comedy, starring Isla Fisher and Hugh Dancy. 10.55 Family Guy 11.40 American Dad!

BBC FOUR
7.00 Last Class of the Ancients 8.00 Money Dan's Italian Gardens 9.00 Inspector Montalbano 10.50 Top of the Pops: 1977 11.10 Film: Storyville Knuckle – Bare Fist Fighting (2011) Documentary about bare-knuckle boxing.

E4
1.50 Hollyoaks 4.05 Perfect Couples 4.35 Scrubs 5.30 The Big Bang Theory 7.00 How I Met Your Mother 7.30 Rules of Engagement 8.30 Happy Endings 9.00 Film: Hitman (2007). Action thriller starring Timothy Olyphant and Dougray Scott. 10.50 The Big Bang Theory 11.50 The Greatest Show

FILM4
3.05 Toys (1992) 5.25 Honors Person (1953) 7.20 Hit Shots! Fast Draw (1953) Sped action movie sequel, starring Charlie Sheen. 9.00 Dream Day (2006) Period romcom starring Sienna Barnes. 10.10 Battle Royale (2000)

Sunday TV

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Available on the App Store

Choice

ANTIQUES ROADSHOW

BBC1 8pm

It can be difficult to distinguish between a repeat and a new episode of Antiques Roadshow as it has main structure as always on the ancient site and the format of the show hasn't changed for the 30-odd. Some of the antique experts clearly spent their less time in suspended animation because they don't appear to have aged very much in the past 20 years. From the gorgeous locations to the jaunty theme music, there's nothing to dislike about the British institution which has become a hit 90 over the world. Tonight Fiona Bruce heads to the Yorkshire Museum in York, where items of interest include a spy's camera, a quilt and a paperweight.

BBC1

6.00 Breakfast 7.55 Match of the Day 8.00 The Andrew Marr Show 10.00 The Big Questions 11.00 Country Tracks (R) Weather 12.00 This Week Ahead 12.00 Sunday Politics 1.00 Regan Hunt 1.30 A Question of Sport (R) 2.00 Formula 1: Australian Grand Prix 4.00 Regional Programmes 5.00 Lifeline 5.10 Songs of Praise 6.00 Last Of...

8.30 BBC News, Regional News, Weather.
7.00 Countryfile. Mel Baker, Julia Bradbury and Ellie Harrison explore the new Forest, while John Craven heads to Scotland to investigate deer culling
9.00 Antiques Roadshow. Fiona Bruce and the team head to the Yorkshire Museum in York, where items of interest include a spy's camera, a quilt and a paperweight.
10.00 Upstairs Downstairs. Mr Pritchard finds romance at the annual servants' ball tempting him to wonder if there is room for him in the service while Hallam and Persis continue their dangerous affair.
10.00 BBC News, Regional News, Weather
10.25 RLUK War of the Worlds. (2005) Steven Spielberg-led sci-fi thriller with Tom Cruise, Dakota Fanning and Justin Chatwin.

12.10 Weathervane 12.15 Ego Zone Film (2012 with Claudia Winkleman (R) 12.50 David Walliams' Big Swim: A Sport Relief Special (R) 1.35 Horby City (R) 2.55 The Last Explorers. (R) 3.00 BBC News.

BBC2

6.00 Cbeebies 7.00 CBBC
10.00 Something for the Weekend 11.30 Homes Under the Hammer (R) 12.30 EastEnders 2.30 The Taming of the Shrew (1967) Shakespeare comedy, starring Elizabeth Taylor and Richard Burton. 4.35 Escape to the Country (R) 5.20 Flog It!

5.50 FILM: The Hitchhiker's Guide to the Galaxy. (2005) An ordinary man is hurled into an intergalactic adventure when the Earth is destroyed to make way for a hyperspace bypass. Sci-fi comedy, with Martin Freeman
8.30 Top Gear Compilation episode featuring highlights from the show's 17th and 18th series, in which Jeremy Clarkson, Richard Hammond and James May get to grips with motoring machines.
9.30 Orbit: Earth's Extraordinary Journey. Kate Humble and Helen Czerski follow the earth's journey around the sun from the March equinox to the end of June. Last in the series.
10.00 Match of the Day 2. Including highlights of Wolverhampton Wanderers v Manchester United
11.50 Formula 1 Australian Grand Prix. Jake Humphrey presents live action from the opening race of the season at Albert Park, Melbourne, where Sebastian Vettel was successful last year. (R)

2.00 Rugby Union: Six Nations Highlights 3.45 BBC listen

ITV1

6.00 GTV Mid GTV 725 GTV
9.25 ITV News 9.30 FA Cup Highlights. (R) 10.30 May the Best House Win (R) 11.30 Dobmasters. (R) 12.30 ITV News Weather 12.40 Murder She Wrote (R) 1.40 Film: Columbo: Murder in Malibu (1990) Crime drama, starring Peter Falk. 3.30 Live FA Cup Football Liverpool v Stoke City (Kick-off 3pm)

8.15 Regional News, Weather.
8.30 ITV News, Weather.
8.45 Planet's Funniest Animals Humorous video clips
7.00 Dancing on Ice. Philip Schofield and Christine Bleakley host the semi-final where the remaining four celebrities take a call for a place in next week's final. The results can be seen at 9.30pm
8.30 Live Celebrity Who Wants to Be a Millionaire? Mother's Day Special. Cheryl Tarrant celebrates Mother's Day by inviting celebrities to team up with their mums in charity with half of the night's winnings going to a charity of their choice
9.30 Missing on Ice: The Skate Off. The latest starring couples competition
10.05 ITV News, Weather
10.15 Cops with Cameras. Follow-up episodes across the UK. (R)
11.05 Anglo-Welsh Cup Rugby Union. The final of Saracens v Worcester

12.00 The Zone, ITV News Headlines 2.30 Those Monsters (R) 3.25 ITV Nightscreen 2.30 ITV Morning News

Channel 4

6.10 The Hoobs (R) 6.35 The Hoobs (R) 7.05 Road to London 2012: The Paralympic Show (R) 7.30 Channel 4 Presents – 2012: Moving Stories – Part Two. The famous player reflects on competing at an elite level. (R) 7.55 Sailing: America's Cup Uncovered (R) 8.05 Real Stories: Jennifer Lopez (R) 8.55 Everybody Loves Raymond (R) 9.20 Naughty Living Rooms (R) 9.50 Fraser (R) 10.35 Fraser (R) 11.00 The Big Bang Theory (R) 11.30 The Big Bang Theory (R) 12.00 The Simpsons (R) 12.30 The Simpsons (R) 1.10 Four in a Bed (R) 1.40 Four in a Bed (R) 2.40 Four in a Bed (R) 3.30 Four in a Bed (R) 3.00 Deal or No Deal 3.45 Time Team 4.35 Film: The Simpsons Movie (2007) Animated comedy with the voice of Dan Castellaneta

7.30 Channel 4 News.
7.30 4thought.tv A member of the public discusses a topic.
8.30 The Paddlands Mens Darting Rally. The RAF's bombing of Port Stanley's runway in 1982
9.30 Homeland. Estes sees Brody to help interrogate the two surviving terrorists from the compound where he was held captive, hoping Carrie is gone more suspicious of the returnee
10.05 RLUK: How to Lose Friends & Alienate People 2008 Comedy, starring Simon Pegg and Kirsten Dunst.

12.30 Film: Drillbit Taylor (2008) Pierrick Comedy, starring Owen Wilson. 2.25 The Big Bang Theory. (R) 2.30 Hollyoaks (R) 3.25 4thO10. (R)

Channel 5

6.00 Milkshake! Peppa Pig 6.05 Fifi and the Flowertots. (R) 6.30 City of Friends. (R) 6.40 Harry and His Bucket Full Dinosaurs (R) 6.50 Castle Farm (R) 6.55 Team Cigam (R) 7.05 Postcode and Custard Tiny (R) 7.15 Bananas in Pyjamas. (R) 7.20 Family (R) 7.30 Mella Way for Ready (R) 7.50 Bert and Ernie's Great Adventures. (R) 7.55 Little Princess (R) 8.10 The Adventures of Bella Top Be and He Best Friend Corky (R) 8.20 Angelina Ballerina. (R) 8.05 Rupert Bear (R) 9.00 Ben and Holly's Little Kingdom (R) 9.10 The Mr Men Show (R) 9.25 Ben and Emily's Glass Adventures (R) 9.30 Fairly the Reeling Car (R) 9.40 Mat Sniffle Tales (R) 10.00 Grey's Anatomy (R) 10.50 Stansted The Inside Story. (R) 11.30 Country Builders (R) 12.30 Film: Brave Heart (1982) 2.30 Brit Stud Lite 3 Dab of the Wild (2005) Children's animated adventure sequel with the voice of Michael J Fox 2.30 Film: The Tigger Movie (2000) Disney animated adventure with the voice of Jim Cummings 4.15 5 News. 5.00 Film: The Legend of Zorro (2005) Swashbuckling adventure sequel starring Antonio Banderas

7.00 FILM: I, Robot. (2004) Sci-fi thriller starring Will Smith.
10.00 FILM: Hamlet. (2000) Action sequel, starring Christopher Eccleston
11.40 Ultimate Police Interceptors. (R)

12.00 The Wade at Stupid Criminals 1.10 SuperCasino 3.00 County Secrets (R) 4.00 UEFA Europa League Highlights 4.00 County Secrets. (R) 5.00 Heroes Helpline (R) 5.10 The Milkshake Show (R) 5.35 Thomas & Friends. (R) 5.45 Rotary the Reeling Car (R)

Digital

ITV2
3.00 Subaru's Got Talent: Stars and Wows! 4.30 Britains Got Talent: Best and Worst 2. 5.30 Film: The Never Ending Story (1984) 6.00 Film: Flipper (1996) Adventure, starring Elijah Wood. 8.00 Benidorm 10.00 Film: Miss Congeniality 2: Armed and Fabulous (2005) Comedy sequel, starring Sandra Bullock

ITV3
11.40 Cricket

ITV4
2.20 Film: Red River (1948) 5.00 Film: The Alamo (1960) Western, directed by and starring John Wayne 8.00 Angle Wash Cup Rugby Union 8.30 Film: The Blame (1987) Thriller starring Mandel Douglas 11.35 Film: A Clockwork Orange (1971) Crime starring Malcolm McDowell and Warren Clarke

BBC THREE
7.00 The Secrets of Everything Else Lets Dance to Sport Relief 8.00 Being Human 10.00 Don't Tell the Bride Mother's Day Special 11.00 Family Guy

BBC FOUR
7.00 Songwriters' Club: English Folk 8.00 Songs of Innocence 9.00 Film: Round Ireland with Fridge (2003) Romantic Comedy starring Tony Hawks and Valerie O'Connor 10.30 Film: The Shore (2011) Coming-of-age short drama, with Cuasi Hinds and Ceriath Hill 11.00 She Wolves: England's Early Queens

E4
4.25 Samantha Who? 4.50 Being Erica 5.50 Sex in the City 7.50 Film: Sister Act (1992) Comedy starring Whoopi Goldberg and Harvey Keitel. 9.50 Desperate Housewives 11.50 Skins

FILM4
2.50 Because of Winn-Dixie (2005) 5.00 Memoirs of an Invisible Man (1992) 6.55 Fame (2009) Musical remake, starring Kay Panabaker. 8.00 Nine to Five (1980) Comedy, starring Dolly Parton and Jane Fonda. 11.10 Series 7: The Contenders (2001)

Monday

BBC1
6.00 Breakfast 9.15 Come and Buy Live 9.25 Tipping Point 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 The Sharpe's Are Coming 11.45 Cash in the Attic BBC News Weather 12.15 Bargain Hunt 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.10 Escape to the Country 3.00 BBC News Weather Regional News 3.00 CBBC 5.10 Pointless 6.00 BBC Music Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 Rory Gives the Theory BBC News Regional News 8.00 EastEnders 8.30 Britain's Crimes of Honour Panorama 9.00 Emmerdale 10.00 BBC News 10.20 Regional News Weather 10.30 A Question of Sport 11.00 Our Summer: The Beatles 11.40 The Graham Norton Show (R) 12.30 Weatherview 12.35 Sign Zone Rita Simons, My Daughter, Deafness and Me 1.00 Hidden (R) 2.25 Great British Food Revival (R) 3.00 The Lost Explorers (R) 4.20 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News. 12.00 Lady Parts 1.00 My Life in Books (R) 1.30 Living Dangerously (R) 2.10 Weakest Link 3.00 Helicopter Heroes (R) 3.40 Flog It! Ten of the Best 4.30 Breakaway 5.10 Antiques Road Trip 6.00 Eggheads 6.30 Britain's First Photo Album 7.00 University Challenge 7.30 Shiny So Far (R) 8.00 University Challenge 8.30 The Little Paris Kitchen Cooking with Rachel Khoo (R) 9.00 The Tube 10.00 Nelson & Oliver 10.30 Newsnight Weather 11.30 Film Sex Drive (2008) Comedy with James McAvoy 12.00 BBC News 3.15 The Supa League Show 6.00 BBC Learning Zone

ITV1
6.00 Daybreak 8.30 Lorraine 9.00 The Jeremy Kyle Show 10.30 This Morning 12.30 Loose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 Dickinson's Real Deal 3.00 The Alan Titchmarsh Show 3.30 Regional Weather 4.00 Midsomer Murders. (R) 6.00 The Chase 6.30 Regional News Weather 7.00 ITV Mass: Weather 7.00 Emmerdale 7.30 Downton Street 8.00 The Dales 9.30 Chancellor Brexit Frank's killer makes a dramatic attempt to leave the Beast 10.00 Scot & Bailey Part two of the. The detectives face a race against time in their murder investigation 10.00 ITV Mass at Ten Weather 10.30 Regional News Weather 10.35 The Alan Titchmarsh Show 11.05 Magpie Mayfair (R) 11.35 Piers Morgan's Life Stories: Katherine Jenkins (R) 12.25 The Zane ITV News Headlines 2.30 Champions League Weekly 2.00 ITV Nicholson 4.25 ITV Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4
5.20 The Hoobs (R) 6.00 The Hoobs (R) 7.10 Freshly Squeezed 7.40 According to Jim 8.10 Fraser (R) 8.00 Undercover Boss USA (R) 10.00 The Renovation Game (R) 11.00 You Deserve This House 12.00 Channel 4 News Midday Summary 12.05 Baking Mad with Eric Lanlard. 12.35 How to Clean Like Heston (R) 1.10 River Cottage Road Trip (R) 1.40 The Tiny Kitchen (R) 2.10 Gypsy Weddings. Thriller starring Kenneth More 3.10 Countdown. 4.00 Deal or No Deal 5.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.35 Although It's Still Dark Channel 4 News 7.35 although it's 8.00 Supersize vs Superskinny 9.00 Big Fat Gypsy Weddings. 10.00 Hit the Road Jack 10.35 Sean Lock: Let's Speak Live (R) 11.45 Random Acts. 11.45 Desperate Housewives. 12.00 Poker Like Selling. Americas Cup Unleashed 2.40 ICTV Racing Weekly 2.30 The Grid. (R) 3.00 Late Night Fiesta: (R) 3.00 That Paralympic Show (R) 4.20 Road to London 2012 Paralympics Exclusive. 5.15 Full Metal Challenge (R)

Channel 5
6.00 Milkshake! 8.15 The Wright Stuff 11.10 LIVE with Gabby 12.10 5 News Lunchtime. 12.10 Emergency Rikers. (R) 1.15 Home and Away 1.00 Neighbours. 2.10 The Mentalist (R) 3.10 Film After the Fall (2010) Premiere Drama starring Andrea Riseborough. 6.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Stranded The Inside Story (R) 5 News Update 8.00 Ultimate Police Interceptors 5 News at 9 8.00 Film Executive Decision (1998) Action thriller starring Kurt Russell 11.30 Film Derailed (2002) Action adventure starring Jean-Claude Van Damme 1.16 SuperCasino 3.00 House Doctor (R) 6.20 Wildlife SOS (R) 6.10 Mehadeb's Wild Challenge (R)

Tuesday

BBC1
6.00 Breakfast 9.15 Come and Buy Live 9.25 Tipping Point 10.00 Homes Under the Hammer (R) BBC News Weather 10.30 The Queen's Jubilee Loyal Address to Parliament 11.30 Cash in the Attic (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.05 Escape to the Country 3.00 BBC News Weather Regional News 3.00 CBBC 5.15 Pointless 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 EastEnders BBC News Regional News 8.00 Holby City 9.00 Crimewatch 10.00 BBC News 10.25 Regional News Weather National Lottery Update 10.30 Crimewatch Update 10.40 Rita Simons, My Daughter, Deafness and Me (R) 11.30 Film 2012 with Claudia Winkleman. 12.10 Weatherview 12.20 Sign Zone Great British Food Revival. (R) 1.05 Rita Simons, My Daughter, Deafness and Me (R) 2.10 Exile. (R) 3.15 How to Grow a Planet (R) 4.10 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.00 CBeebies 11.30 BBC World News. 12.00 Lady Parts 1.00 My Life in Books (R) 1.30 Living Dangerously (R) 2.10 Weakest Link 3.00 Helicopter Heroes. (R) 3.40 Flog It! Ten of the Best 4.30 Breakaway 5.10 Antiques Road Trip 6.00 Eggheads 6.30 Britain's First Photo Album 7.00 Rugged Wales 8.00 The Hairy Bikers' Bakeclub 8.00 Horizon The Truth About Fat 10.00 Never Mind the Buzzcocks. (R) 10.30 Newsnight Weather 11.25 Film You Haven't a Laugh? TV and Celebrity (R) 12.20 How God Made the English. (R) 1.20 BBC News 6.00 BBC Learning Zone

ITV1
6.00 Daybreak 8.30 Lorraine 9.00 The Jeremy Kyle Show 10.30 This Morning 12.30 Loose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 Dickinson's Real Deal 3.00 The Alan Titchmarsh Show 3.30 Regional Weather 4.00 Midsomer Murders. (R) 6.00 The Chase 6.30 Regional News Weather 7.00 ITV Mass: Weather 7.00 Emmerdale 7.30 Downton Street Kitchen 8.00 Homes from Hell (R) 8.00 Relief to the Falklands 9.30 ITV News At Ten Weather 10.30 Regional News Weather 10.35 Ranleam (R) 11.35 Ladette to Lady Australia. (R) 12.25 The Zane ITV Mass: Headlines 3.00 Crossing London 3.45 ITV Nightscreen 5.30 ITV Morning News

Channel 4
6.00 The Travels People 6.35 The Hoobs (R) 7.00 Freshly Squeezed 7.30 According to Jim 7.55 Everybody Loves Raymond. (R) 8.25 Fraser (R) 9.00 Undercover Boss USA. (R) 10.00 The Renovation Game (R) 11.00 You Deserve This House 12.00 Channel 4 News Midday Summary 12.05 Baking Mad with Eric Lanlard. 12.35 How to Clean Like Heston. (R) 1.05 Film Drums Along the Mohawk. (1939) Second World War drama, starring Robert Taylor and Claudette Colbert 3.10 Countdown. 4.00 Deal or No Deal 5.00 Come Dine with Me 5.30 Four in a Bed (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.35 although it's 8.00 Supersize vs Superskinny 9.00 Big Fat Gypsy Weddings. 10.00 Hit the Road Jack 10.35 Sean Lock: Let's Speak Live (R) 11.45 Random Acts. 11.45 Desperate Housewives. 12.00 Poker Like Selling. Americas Cup Unleashed 2.40 ICTV Racing Weekly 2.30 The Grid. (R) 3.00 Late Night Fiesta: (R) 3.00 That Paralympic Show (R) 4.20 Road to London 2012 Paralympics Exclusive. 5.15 Full Metal Challenge (R)

Channel 5
6.00 Milkshake! 8.15 The Wright Stuff 11.10 LIVE with Gabby 12.10 5 News Lunchtime. 12.10 Emergency Rikers. (R) 1.15 Home and Away 1.00 Neighbours. 2.10 CSI NY (R) 3.10 Film Rebecca: High Tension (2009) Premiere Crime thriller, starring Emilie de Ravin 3.00 5 News at 5. 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Eagle Street Rescue and Friends (R) 5 News Update 8.00 The Secret D-Day Disaster Revealed 5 News at 9 9.00 CSI: Crime Scene Investigation 10.00 CSI NY (R) 11.00 CSI: Miami (R) 11.55 CSI: Crime Scene Investigation 12.55 Film Hollywood Hills 1.00 SuperCasino 3.05 House Doctor (R) 6.20 Wildlife SOS. (R) 6.10 Mehadeb's Wild Challenge (R)

Wednesday

BBC1
6.00 Breakfast 9.15 Come and Buy Live 9.25 Tipping Point 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 The Sharpe's Are Coming 11.45 Cash in the Attic BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.10 Escape to the Country 3.00 BBC News Weather Regional News 3.00 CBBC 5.40 Pointless 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 EastEnders BBC News Regional News 8.00 Weakest Link 9.00 The Apprentices. 10.00 BBC News 10.25 Regional News Weather 10.34 The National Lottery Update 10.35 Film Night Deben 10.45 Meteor in the Day National Lottery Update 11.56 Film Night Watch. (1999) Crime thriller starring Penelope Brennan 12.30 Weatherview 1.35 Sign Zone Sea Views. (R) 2.30 Lydia in Dimensions (R) 3.00 Wavelding (R) 4.00 Antiques Road Trip (R) 4.50 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.00 CBeebies 11.00 The Budget 2012. 3.00 Helicopter Heroes (R) 3.45 Flog It! Ten of the Best. 4.30 Breakaway 5.10 Antiques Road Trip 6.00 Eggheads 6.30 Britain's First Photo Album. 7.00 Escape to the Country 7.30 Watson & Oliver (R) 8.00 The Fisherman's Apprentice with Monty Halls. 8.00 Wild, Sea & The Secret Life of a Supergrower 10.00 The Apprentice: You're Fired! 10.30 Newsnight Weather 11.30 Storyville Cage Fighting Women (R) 12.30 Film Nineteen. (R) 1.00 BBC News 4.00 BBC Learning Zone

ITV1
6.00 Daybreak 8.30 Lorraine 9.00 The Jeremy Kyle Show 10.30 This Morning 12.15 The Chancellor's Budget An ITV News Special 1.56 Regional News Weather 2.00 Dickinson's Real Deal 3.00 The Alan Titchmarsh Show 3.30 Regional Weather 4.00 Midsomer Murders. (R) 6.00 The Chase 6.30 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 The Undersheriff 8.00 Midsomer Murders 9.00 Midsomer Murders 10.00 ITV News at Ten Weather 10.00 Regional News Weather 10.35 Celebrity Who Wants to Be a Millionaire? Mother's Day Edition (R) 12.25 The Zane ITV News Headlines 2.30 Film Heroes. Charly 1968 Musical starring Shirley MacLaine. 5.00 ITV Nightscreen 5.30 ITV Morning News

Channel 4
5.10 The Hoobs (R) 6.30 The Hoobs (R) 7.00 Freshly Squeezed 7.30 According to Jim 7.55 Everybody Loves Raymond (R) 8.25 Fraser (R) 8.00 Undercover Boss USA. (R) 10.00 The Renovation Game (R) 11.00 You Deserve This House 12.00 Channel 4 News Midday Summary 12.05 Baking Mad with Eric Lanlard. 12.35 How to Cook Like Heston. (R) 1.05 River Cottage Bites. (R) 1.20 Film Sea of Sand (1958) Second World War adventure, starring Richard Attenborough 3.10 Countdown. 4.00 Deal or No Deal 5.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons. (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.35 Although It's Still Dark 8.00 Supersize vs Superskinny 9.00 Big Fat Gypsy Weddings. 10.00 Hit the Road Jack 10.35 Sean Lock: Let's Speak Live (R) 11.45 Random Acts. 11.45 Desperate Housewives. 12.00 Poker Like Selling. Americas Cup Unleashed 2.40 ICTV Racing Weekly 2.30 The Grid. (R) 3.00 Late Night Fiesta: (R) 3.00 That Paralympic Show (R) 4.20 Road to London 2012 Paralympics Exclusive. 5.15 Full Metal Challenge (R)

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Thursday

BBC1
6.00 Breakfast 9.15 Come and Buy Live 9.25 Tipping Point 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 The Sharpe's Are Coming 11.45 Cash in the Attic BBC News Weather 12.15 Bargain Hunt 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.16 Escape to the Country 3.00 BBC News Weather Regional News 3.00 CBBC 5.15 Pointless 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 EastEnders BBC News Regional News 8.00 Watchdog 9.00 John Bishops Super News Hell 10.00 BBC News 10.20 Regional News Weather 10.34 Quarter Line Time 11.36 This Week 12.20 Sung Weatherview 12.00 Sign Zone Britain's Crimes of Honour Panorama (R) 12.55 Countryfile (R) 1.00 Hidden (R) 2.25 Antiques Road Trip (R) 3.00 BBC News.

BBC2
6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News. 12.00 Lady Parts 1.00 My Life in Books (R) 1.30 Living Dangerously (R) 2.10 Weakest Link 3.00 Helicopter Heroes (R) 3.40 Flog It! Ten of the Best 4.30 Breakaway 5.10 Antiques Road Trip 6.00 Eggheads 6.30 Britain's First Photo Album 7.00 Gardeners' World. Monty Don tries his newly enamel paint 8.00 Reverse Masochistas A Mexican pastel travels to the Scottish birthplace of David Livingstone 10.00 Spirit Portal 2012 10.00 Newsnight 11.10 The Best Maurice Show Wild Iran 11.00 The National Lottery Friday Night Draws 12.00 Film The Visitor (2007) Comedy drama starring Richard Jenkins 1.34 Film Climates (2006) Premiere Drama, starring Ebru Ceylan 3.16 Close

ITV1
6.00 Daybreak 8.30 Lorraine 9.00 The Jeremy Kyle Show 10.30 This Morning 12.30 Loose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 Dickinson's Real Deal 3.00 The Alan Titchmarsh Show 3.30 Regional Weather 4.00 Midsomer Murders. (R) 5.00 The Chase 5.30 Regional News Weather 6.00 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Random 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.35 Film Air America (1990) Vietnam War comedy adventure with Mel Gibson and Robert Downey Jr. 12.35 The Zane ITV News Headlines 2.40 Film Jaws (1975) Steven Spielberg's thriller starring Roy Scheider 6.00 ITV Nightscreen 6.30 ITV Morning News

Channel 4
5.10 The Hoobs (R) 6.35 The Hoobs (R) 7.00 Freshly Squeezed 7.30 According to Jim 7.55 Everybody Loves Raymond (R) 8.25 Fraser (R) 8.00 Undercover Boss USA. (R) 10.00 The Renovation Game (R) 11.00 You Deserve This House 12.00 Channel 4 News Midday Summary 12.05 Baking Mad with Eric Lanlard. 12.35 How to Cook Like Heston. (R) 1.05 Film Drums Along the Mohawk. (1939) John Ford's historical drama, starring Henry Fonda 3.05 Channel 4 Presents – 2012 Mandy Sayer: Fighting Back 4.00 Deal or No Deal 4.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News 7.55 Although It's Still Dark 8.00 Come Dine with Me Four Scots in Yorkshire 9.00 Wokenthampton episode 4.00 Film Sahara. (2005) Adventure starring Matthew McConaughey 11.20 Late Late Show with Craig Ferguson 12.20 Film Napoleon Dynamite (2004) Comedy starring Jon Heder 2.10 Random Acts. 2.10 My Name is Earl (R) 3.00 Hung (R) 6.00 Rampal (R) 6.45 90210 (R) 5.25 Countdown (R)

Channel 5
6.00 Milkshake! 8.15 The Wright Stuff 11.10 LIVE with Gabby 12.10 5 News Lunchtime. 12.10 Emergency Rikers. (R) 1.15 Home and Away 1.00 Neighbours. 2.10 CSI NY (R) 3.10 Film Her Fatal Flaw (2010) Crime drama starring Victoria Pratt 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Holiday Heaven on Earth 7.30 How Do They Do It? (R) 5 News 8.00 Inside the Trauma: The story of the 10 12-seater from the point of view of those below decks. 5 News at 9 10.00 Film Cleaner (2007) Crime thriller starring Samuel L Jackson and Eric Bana 11.50 Forensic Files (R) 12.10 SuperCasino 3.00 House Doctor (R) 6.20 Wildlife SOS. (R) 6.10 Mehadeb's Wild Challenge (R)

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BBC2
6.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News. 12.00 Lady Parts 1.00 My Life in Books (R) 1.30 Living Dangerously (R) 2.10 Weakest Link 3.00 Helicopter Heroes (R) 3.00 Flog It! Ten of the Best 4.30 Breakaway 5.10 Antiques Road Trip 6.00 Eggheads 6.30 Britain's First Photo Album 7.00 Gardeners' World Monty Don tries his newly enamel paint 8.00 Reverse Masochistas A Mexican pastel travels to the Scottish birthplace of David Livingstone 10.00 Spirit Portal 2012 10.00 Newsnight 11.10 The Best Maurice Show Wild Iran 11.00 The National Lottery Friday Night Draws 12.00 Film The Visitor (2007) Comedy drama starring Richard Jenkins 1.34 Film Climates (2006) Premiere Drama, starring Ebru Ceylan 3.16 Close

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Channel 4
5.10 The Hoobs (R) 6.35 The Hoobs (R) 7.00 Freshly Squeezed 7.30 According to Jim 7.55 Everybody Loves Raymond (R) 8.25 Fraser (R) 8.00 Undercover Boss USA. (R) 10.00 The Renovation Game (R) 11.00 You Deserve This House 12.00 Channel 4 News Midday Summary 12.05 Baking Mad with Eric Lanlard. 12.35 How to Cook Like Heston. (R) 1.05 Film Drums Along the Mohawk. (1939) John Ford's historical drama, starring Henry Fonda 3.05 Channel 4 Presents – 2012 Mandy Sayer: Fighting Back 4.00 Deal or No Deal 4.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News 7.55 Although It's Still Dark 8.00 Come Dine with Me Four Scots in Yorkshire 9.00 Wokenthampton episode 4.00 Film Sahara. (2005) Adventure starring Matthew McConaughey 11.20 Late Late Show with Craig Ferguson 12.20 Film Napoleon Dynamite (2004) Comedy starring Jon Heder 2.10 Random Acts. 2.10 My Name is Earl (R) 3.00 Hung (R) 6.00 Rampal (R) 6.45 90210 (R) 5.25 Countdown (R)

Channel 5
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This week's crossword - Clues

Across

7 Nursery tale character (3,6,4)
8 Acknowledged (8)
9 Sell (4)
10 Fondle (8)
12 Scold (6)
14 Lethargy (6)
16 Captivate (6)
18 Popular idol (4)
20 Recall (8)
22 Impartial (13)

Down

1 Inclination (8)
2 Mourn (6)
3 Revise (4)
4 Unsaleable (8)
5 Tremble (6)
6 Robe (4)
11 Astound (8)
13 Burlesque (8)
15 Instigate (6)
17 Drive mad (6)
19 Way out (4)
21 Chief (4)

Last week's solution

ACROSS 1 SNOOZE 5 INDULGE 9 SIDELONG 10 DOWN 12 BURDEN 14 TREBLE 16 CASSAL 1 DISPEL 19 QUADRANT 21 UNEASY 22 FEST
DOWN 2 ARTICULATE 3 TIRE 4 ADJOIN 5 BUSH 6 ENDLESS 7 MEAN 11 WILDERNESS 13 PSYCHIC 16 LIQUID 17 DIADEM 18 ZEUS 20 FETI

Food & Drink

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Public 'ambivalent' over GM food

THE BRITISH PUBLIC is now ambivalent on the issue of genetically-modified food, a new survey suggests.

The British Science Association (BSA) research found that 27% of people think GM food should be encouraged - a drop from 52% of people who said they agreed with it in a 1990 survey. A total of 30% of people do not think the practice should be encouraged, the BSA said.

Sir Roland Jackson, chief executive of the BSA, said the survey showed "a pretty high awareness of GM food" and considerable interest in the subject, with two-thirds of respondents interested in it.

However, he added that "support for GM foods is mixed" and there is "ambivalence as to whether or not it should be encouraged".

Sir Roland said: "This survey suggests that the debate on GM may have moved on as people recognise that it is one set of approaches among many that can contribute to food production.

"Nevertheless it remains important for scientists and policy-makers to understand and incorporate public perspectives as they seek to develop new applications and policies."

Just over 2,000 people were surveyed for the BSA study.

McDonald's exemption from Olympics' sustainable food standards sparks green anger

THE ORGANISERS of London's 2012 Olympic Games have been accused of failing to reinforce their own sustainable food sourcing pledge, after it was confirmed McDonald's will be exempt from a requirement to source all its chicken from Britain for this summer's Games.

Sebastian Coe, chairman of the London Olympic and Paralympic Organising Committee (LOCOG), yesterday told the London Assembly that McDonald's, the official 2012 London Games food sponsor, will only source 10 per cent of its chicken from UK farmers.

Under LOCOG's Food Vision, the 31 thousand tonnes of poultry expected to be sold at the Olympics should be British Red Tractor Assured, of high quality, fit for purpose, and free from damage or spoilage.

Coe confirmed McDonald's has secured an exemption from this element of the Food Vision and will import 90 per cent of chicken from other countries such as Brazil, although it would comply with equivalent Red Tractor Assured and international environmental standards such as GlobalGap.

However, Green Party London assembly member Jenny Jones branded the exemption a "disgrace", maintaining the decision flew in the face of LOCOG's commitment to cut its carbon footprint by sourcing food locally, and to set an example for other businesses to follow.

"This has a resonance way beyond the Games," she told Coe.

"It is an absolute disgrace that McDonald's will import most of the chicken it will serve at the Games from as far away as Brazil. This is a dismal failure of McDonald's to support British farmers and of LOCOG, the games organisers, to ensure all Games sponsors adhere to the food sourcing standards they set."

However, Coe defended McDonald's food sourcing commitments, maintaining all its beef and pork is sourced from the UK and Ireland, adding that the company was making a "serious contribution to the [Games'] food vision" through its position on LOCOG's food advisory group.

Paul Deighton, chief executive of LOCOG, also maintained that McDonald's would be supplying less than 10 per cent of the Olympic Games' food, and customers would have a broad range of locally sourced meal options.

"I don't think there has ever been any Games or major sporting event that's had the kind of food policy we've got," he said.

"We're going to showcase the best British quality food."

A McDonald's Restaurants spokeswoman added that McDonald's fully complied with the standards set out in LOCOG's Food Vision and was a long term supporter of British agriculture, spending more than £300m each year with UK farmers.

However, the news is likely to raise fresh questions about LOCOG's commitment to sustainable sourcing after it emerged last month that 21 million tickets will be made in the United States and flown back to the UK for distribution.

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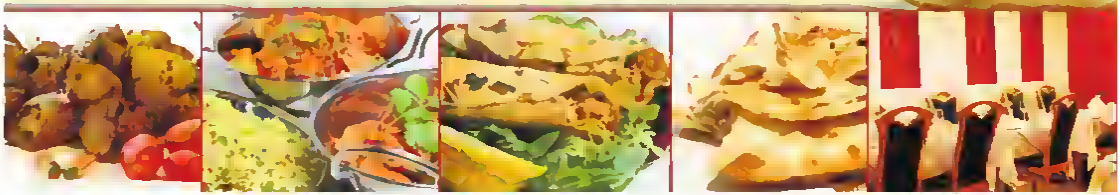

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Fashion

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Diane von Furstenberg designs childrenswear for Gap

MULTI-TASKING fashion designer Diane von Furstenberg, who found fame and success in the Seventies with her iconic wrap dresses, is launching a range of children and babywear for Gap.

Following in the footsteps of fellow designer and Gap Kids collaborator Stella McCartney, the 65 year-old has used her experiences as a mother and grandmother to create a collection with the American retailer suited to newborn baby girls, right up to 14-year-old teens.

Bold colours and patterns emblazoned upon practical jersey dresses, leggings and tops form the foundation of the collection, with vintage DvF hibiscus prints and leaf motifs recalling her design signatures. The aforementioned wrap dress has been re-imagined with a higher waist to suit little ones.

"It is timeless, colourful, effortless. That is very DVF" explains Belgian-born von Furstenberg, who shows her womenswear collections at New York Fashion Week and is also the president of the Council of Fashion Designers of America (CFDA).

The colourful collection hits stores and online in the UK from March 28, with dresses starting from £20.

Fashion boss vows to revive chain

FRENCH CONNECTION'S UK stores have slumped to an £8.2 million loss after a grim winter for the fashion chain.

Founder and chief executive Stephen Marks described conditions as the worst he has known, adding that he would take action to revitalise the UK operation.

He said it was increasingly difficult for the chain, which has been on the UK high street for 40 years, to maintain its full-price stance as it has done previously.

With higher cotton prices also squeezing margins, the full-year loss at the UK and Europe retail arm widened from £1.6 million a year earlier, reflecting a sharp downturn in trading over autumn and winter.

Better trading through wholesale channels and its licensing business meant overall group profits were £5 million in the year to January 31, compared with £7.3 million previously.

Mr Marks said the economic situation hampered trading but admitted its UK retail performance was "very disappointing" in comparison with other retailers.

He added: "We are very aware that there will be no quick solutions and that changes we make will take time to have an impact.

"We are working very hard on improving the performance of the retail stores, although clearly the state of the UK economy is not helping the position."

New projects include a range of premium womenswear for the spring season which is exclusive to its stores and the internet. It will also broaden its branded offer to include homewares in its larger stores and online.

The company also warned that it will reduce the size of its portfolio if stores are uneconomic and landlords are not willing to lower rents.

Tesco forced to withdraw t-shirt after putting student's face on front

A T-SHIRT has been pulled from Tesco after a fashion student complained her face had been used on the garment without permission.

Shocked Nicola Kirkbride has accused the supermarket giant of lifting the image from her blog and printing it on the girl's top.

The yellow, long-sleeved top places Nicola's photo in the middle of a heart-shaped daisy chain.

The words "loves me, love me not" are scrawled underneath.

In the original photograph Nicola, who is studying at Robert Gordon University, Aberdeen, is wearing a daisy chain around her head and is dressed in a floral top and shorts.

The 22-year-old student, who is in her final year of study, was only made aware the image was being used after one of her 5,500 blog followers alerted her.

Nicola said: "I had to start a fashion blog for part of my coursework last year at university and I enjoyed it so much I just kept it on.

"So I regularly updated it with photos of myself, which I take with a self timer on my camera, so people can see what pieces I have been recommending.

"But I was completely shocked when someone who had been following my blog said she saw one of my photos at her work in Tesco – on a child's top."

She added that she was astounded that her image could end up being sold in hundreds of stores across the country without her knowledge.

Nicola said she had previously been approached by High Street chain Zara.

She said: "They asked me if they could use some of my images and I said yes.

"It is very flattering, but Zara said they would send me out a contract to sign if they decided to use my photographs and said they would pay me accordingly.

Nicola even went to a Tesco store to check it was true and was amazed to find the top on the rail.

She has since contacted Tesco to demand answers as her blog states that all artwork on the site belongs to her, unless stated otherwise, and that permission must be sought before using images.

Tesco admitted they had withdrawn the top from their stores.

A spokeswoman for the firm said: "It's been taken off sale until we have finished investigating."

She added: "We are looking into this and we are speaking to Nicola Kirkbride."

Duchess Kate selects lucky student designer to create her a pair of shoes

FASHION STUDENT Becka Hunt has been selected to design a pair of shoes for the Duchess of Cambridge.

Duchess Catherine was accompanying the Queen on a trip to Leicester's De Montfort University as part of the Diamond Jubilee celebrations where she examined shoe designs by six of the university's students.

Becka Hunt saw off the competition thanks to a blue and white shoe boot inspired by the colours of Kate's famous engagement ring. Speaking about her design before the judging, she said: "[It] is inspired by 20th century fashions and based around the things Kate wears, her engagement ring and her style."

Upon being informed of the Duchess's choice, Becka said:

"I'm hoping this will get my name out there. I'm in shock still – it means everything and it is a massive thing for my career."

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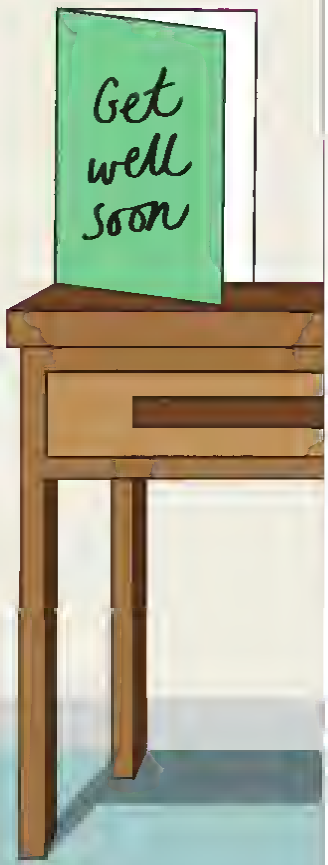

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Giving your body a spring clean!

Denise Kelly

WHAT A STUNNING weekend of sunshine we have just had. I love it! Some of us get inspired and start working on our gardens; others want to spring clean the house. Whatever you do, don't forget to give your body a good spring clean too!

Have you ever wondered how the food you are eating impacts on your body? Or what exactly you should be eating to minimise your risk of degenerative disease? Here's a thought - do you know which foods might triple, or even quadruple, your risk of cancer, heart disease, diabetes or more?

Now, more than ever, we need all the help we can get to remain healthy. With our bodies being completely bombarded with toxic chemicals and pollutants daily, it is important to know what is going to help us with this task.

Who do we trust? The media? Perhaps food companies with vested interest? There is so much evidence now to back up the fact that if you eat certain foods and live a certain way, you can increase your life span. However, it can be very hard to know how best to take charge of your personal wellbeing.

So if you are confused and want to live a vibrant, active and healthy life, I have just the thing for you ...

A couple of years ago I met an amazing lady called Max Tuck. She is a degree level scientist and is a Hippocrates Health Educator.

Hippocrates is one of my favourite health and healing centres in the world and is based in Florida. Over the years they have reversed, halted, helped and given such hope to thousands of people who have serious disease and Max has spent many weeks there. The reason Max herself was so confident in her work is because she healed herself in 1000 of the Epstein Bar virus and chronic fatigue through a radical change of diet and lifestyle. She now runs marathons and climbs mountains (she has just got back from Kilimanjaro!) and has over two decades of experience in the research of healthy living. She is a powerhouse of knowledge. In fact I don't think I have met anyone as knowlegble, motivating and inspiring as her before.

We decided it would be the most perfect time of year for her to come and give a talk in Chichester around the positive effects of healthy living, detoxing and the truth about how to take control of your own health.

I have organised an evening for Max to do a talk on Tuesday 27 March at 7.30pm-9.30pm in Chichester.

The talk is going to be at The Chichester Watersports Center, Coach Road, Westhampnett, Chichester, West Sussex, PO18 0NX.

It's a beautiful venue and there is plenty of parking directly outside. The function room is on the first floor, but unfortunately there are no lifts. Please call me on 07714150155, or 01243 528040, to discuss further or to book your ticket. Tickets cost £10 per person. Cash or cheque only.

This is one NOT to be missed.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K 4 Fit Kidz. Tel 01243 528040 www.denisekelly.co.uk

For glowing skin eat more fruits and vegetables

EATING more fruits and vegetables can make our skin glow within a matter of weeks, according to new research.

Researchers from the University of St Andrews have proved that our skin will start glowing naturally if we eat more fruits and vegetables.

Researchers monitored 35 students over a six-week period. They measured the skin tone of the 35 individuals before and after six weeks. During that period, volunteers were requested to eat a five-a-day meal as initially proposed by the National Health Service (NHS). Just by having a five-a-day meal, they found that the 35 volunteers' faces become quite attractive and beautiful, after six weeks.

Five-a-day meal means eating five portions of fruit every day or eating five portions of vegetables (includes salad) every day or eating a mix of fruit and vegetables (including salad) such as two fruit and three vegetables, every day.

Researchers found that just two extra portions of fruit and vegetables a day created a detectable change in skin colour within six weeks. They also believe that larger or more prolonged dietary changes are likely to make the skin look increasingly healthy over time.

Legal go-ahead for 'locked in' case

LEGAL ACTION brought by locked-in syndrome sufferer Tony Nicklinson, who wants a doctor to be able to end his "intolerable" life lawfully, can go ahead following a judge's ruling.

The decision was announced at the High Court in London by Mr Justice Charles, who had been asked to decide on a preliminary "strike out" application in the case made by the Ministry of Justice. He had heard argument that it was not for the courts to act, but Parliament.

Announcing his decision, the judge allowed most of Mr Nicklinson's case to proceed but struck out one part of his claim.

Mr Nicklinson, 57, who is married with two grown-up daughters and lives in Melksham, Wiltshire, wants a doctor to be "lawfully" able to end his life, which he sums up as "dull, miserable, demeaning, undignified and intolerable".

He launched a legal action seeking court declarations that a doctor could intervene to end his "indignity" and have a "common law defence of necessity" against any murder charge.

The judge gave Mr Nicklinson the go-ahead to take his case further in judicial review proceedings in relation to two of three declarations sought.

He ruled that Mr Nicklinson "has established an arguable case in support of the declaration he seeks relating to the availability of a defence of necessity".

Mr Justice Charles also gave the green light in relation to a second declaration sought by Mr Nicklinson over his right to respect for private life under Article 8 of the Human Rights Convention.

But the judge struck out his case in relation to a third declaration. That declaration was that "existing domestic law and practice fail adequately to regulate the practice of active euthanasia, both voluntary and involuntary", in breach of Article 2 - the right to life.

Mr Justice Charles said in his judgment Mr Nicklinson did not have any realistic chance of persuading a court to grant that declaration "even if it is assumed that his underlying arguments based on the position of others are arguable". He explained: "The reason for this is that the court should not engage in that debate because it is a matter for Parliament."

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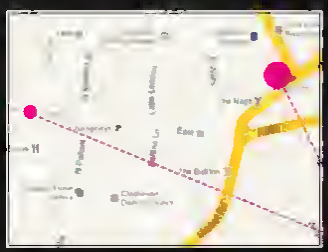

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Lifestyle

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Bear Grylls axed from Discovery Channel

ADVENTURER Bear Grylls has been axed from the Discovery Channel after contract talks between the two parties broke down.

The former SAS member fronted the hugely popular 'Born Survivor' show on the channel, which regularly received millions of viewers since beginning in 2006, turning Grylls into an international star.

His publicist confirmed the end of the series, saying the parties could not reach 'a mutual agreement on new programming.'

'Born survivor' involves Grylls being dropped into a remote location somewhere in the world, and having to survive in the harsh conditions. Viewers would regularly see Grylls drinking his own urine, hunting animals and eating bugs.

The show has been a huge success for the Discovery Channel, being shown in over 200 territories around the world, and has attracted celebrity guest stars to join him for episodes, including Jake Gyllenhaal, Will Ferrell and most recently Jonathan Ross.

Tweeting on the decision, Grylls said "Thank you fans for your support! Do not go where the path may lead, go instead where there is no path and leave a trail!"

Unemployment hits 17-year high amid economic gloom

THE NUMBER of jobless Britons edged closer to 2.67million in the three months to January, and the unemployment rate hit the highest level for almost 17 years, official data showed on Wednesday.

The Office for National Statistics (ONS) said in a statement that the number of unemployed people clambed by 28,000 over the period -- the smallest increase for almost one year.

The unemployment rate stood at 8.4 percent -- the highest level since November 1995. That was unchanged from the three months to December but marked an increase from 8.3 percent in the three months to October.

And the claimant count of people registered for unemployment benefit increased by 7,200 in February from January to reach 1.612 million, the highest figure since the end of 2000.

At the same time, however, the number of people in work increased by 9,000 in the quarter to January to 29.1million.

'Today's UK labour market figures paint a generally weak picture, with unemployment rising further,' said Samuel Tombs, an analyst at research group Capital Economics.

'As things stand, the recent pick up in economic growth seems to be insufficient to bring down unemployment.'

The ONS added on Wednesday that total number of unemployed people aged 18-24 in Britain rose by 16,000 to 1.04 million.

That pushed the youth unemployment rate up to a record 22.5 percent -- which was the highest since comparable records began in 1992.

IHS Global Insight economist Howard Archer said that the news would pile pressure on finance minister George Osborne for measures to tackle youth unemployment in his upcoming annual budget on March 21.

'The very serious concern is that many of these youths will be out of work for an extended period given the persistently weak economy and muted growth outlook,' said Archer.

'This is fuelling talk of a lost generation of workers and it puts pressure on the chancellor to come up with more measures to help young people to get a job.'

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SATURDAY 23 JUNE 2012
LOSELEY PARK
Adult, Senior Citizen & Child £49
Includes coach travel & entrance

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Please bring your own picnic, but for safety reasons no fires or barbeques are allowed. Hot and cold food and a bar will be available. Seating and cover is not provided so do bring chairs, tables, picnic blankets and umbrellas. Aircraft are subject to weather conditions and serviceability. A Chair has been included in the price which has to be picked up on arrival.

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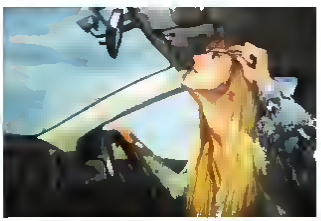
Make up on the move



WOMEN have replaced the dressing table with the commute as 67per cent of British women now apply their make-up on their morning journey by public transport according to research released from Debenhams.

With the average journey to work taking 45 minutes, it leaves ample time for British women to cover up blemishes, lengthen eyelashes, powder their noses and apply lipstick.

High street retailer, Debenhams, found that 67per cent of women regularly apply all their make-up on public transport and a staggering 80 per cent of women often 'touch up' their make-up whilst travelling.

Lipstick was the most applied cosmetic on a journey, with pressed powder and blusher following suit. Eyeliner was deemed the most difficult product, with only 33 per cent of women attempting to apply it whilst on the move due to the steady hand needed to get an accurate result.

Unsurprisingly, 75 per cent of women reported a cosmetic mishap thanks to sudden traffic stops, being jostled on a packed train or bus and having to juggle holding cosmetics and a mirror.

Loose powders were a no-go for women on the move with 76 per cent of women saying they deliberately avoided them due to the mess they could make. Two-in-one products such as palettes and lip/cheek stains however were cited as perfect for the commute due to their space and time saving nature.

Etiquette Expert and author of Ultimate Guide to Party Planning and Etiquette, Liz Brewer says, "A quick dab of powder or discretely reapplying lipstick is acceptable, however, to put on all your make-up in public is as bad as eating in the street. Some things should be kept behind closed doors.

"Make up should always be used to enhance your features - creating some magic in the transformation. It would seem senseless to reveal your beauty secrets to all and sundry!"

A morning makeup routine on the move is most popular amongst women in their thirties, commonly balancing the demands of work, family life and socialising.

Top ten cities / towns for commute cosmetic application:

1. London, 2. Manchester, 3. Liverpool, 4. Dublin, 5. Cardiff, 6. Glasgow, 7. Edinburgh, 8. Sheffield, 9. Bath, 10. York

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Travel

Spread the cost of your summer holiday with Asda Travel

THE MOST POPULAR destinations with Asda Travel customers are currently Spain and Egypt – and people are also looking for bargain breaks in the UK.

Although money is tight for many people this year our Mumdex survey found that Asda mums consider a family holiday as a reward for making savings during the rest of the year.

And this year for the first time you can spread your holiday payment when you book through Asda Travel.

We asked our Facebook fans if a holiday was a luxury or an essential – here's what some of them said:

Alison Field: An essential luxury, what's the point of us both working our socks off all year if we can't get a week away with the kids to enjoy family time. We put a bit away each week over the course of a year and this year we are sharing a villa with family to share the cost.

Lisa Wood: I struggle to do it but definitely an essential. love just going away to spend time with just me and my son :)

Shirley Fiddaman: Essential. I am not rich but I love for my holiday, whats wrong with cutting down on other things for it???

To see the latest destinations and to find out more about spreading the cost of your holiday go to Asda Travel.

Thomas Cook launches largest ever multi-media campaign

THOMAS COOK has joined other industry heavyweights in urging the government to support all sectors of travel – not just domestic tourism.

The call from co-chief executive Ian Ailles comes despite Cook selling more than one million UK breaks and year and being official short break provider for the London Olympics.

Ailles, speaking as Cook launched its largest ever multi-media advertising campaign (see video below) just a day after the £4 million government-backed VisitEngland push was announced, said:

"Having two formidable players talking about travel at the same time of year can only mean good things for the industry, encouraging people to book holidays now, whether it is an overseas break or a UK one.

"UK holidays are part of our heritage, with the first excursion from Leicester to Loughborough organised by Thomas Cook in 1841.

"Today, we are the UK's largest retailer of domestic holidays and sell over one million UK breaks every year, as well as being the official provider of short breaks to the London 2012 Olympic Games and providing more trips to UK sports events than anyone else.

"As a retailer of travel we provide our customers with the holiday that is right for them – be that one at home, abroad or both."

But he added: "We would though, like the government to acknowledge that the outbound tourism sector is just as important to the UK economy as the domestic operators are."

Research by Cook shows that despite the continuing squeeze on consumers' disposable income, a foreign holiday is still their number one spending priority this year. Ailles said: "An overseas holiday has moved back up to be our number one priority, with a third of people placing it top of their shopping list for 2012."

His comments follow Abta, Tui UK and Virgin Holidays joining together to attack the government's domestic holidays promotion as misguided and costly.

The Cook ad campaign promotes destinations in the UK and overseas and runs from today (Thursday) until the end of May.

Carrying the theme 'It Is A Wonderful World. Explore It With Us,' the 40-second advert is set to the song 'Wonderful World' by Joey Ramone and will feature on TV, radio, online, in travel agencies and social media.

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Russell Watson

SUNDAY 10 JUNE 2012
Portsmouth Guildhall
Adult, Senior Citizen & Child £75
Includes coach travel & entrance

Perhaps the UK's greatest ever tenor, Russell returns with a stronger, more driven and powerful voice, his renditions of Pino Donaggio's Io Che Non Vivo (Senza Te), Mario Lanza's Arrivederci Roma and Parla Piu Piano (the theme from The Godfather) are nothing less than astounding.

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Adult £37, Senior Citizen £36 & Child £20
Includes coach travel & entrance

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Business & Money

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Tax move 'benefits better-off'

BETTER OFF families will benefit most from a rise in income tax allowances, a respected economic think-tank has said - questioning claims the policy was progressive

The Institute for Fiscal Studies (IFS) said the second-richest tenth of families would gain most in cash terms - and that the top half would do best as a proportion of income.

Liberal Democrat leader Nick Clegg is pressing for faster progress towards an allowance of £10,000 - which the coalition agreement said would be achieved by 2015.

It was an extremely effective way of making the tax system more progressive," he told MPs last month as he pressed the case for the key Lib Dem policy

The IFS concluded that the policy was the most effective way of focusing tax cuts on the lowest pay and would boost incentives to work by taking some out of income tax altogether

But it said: "It is important not to claim too much for a policy which, especially in the current fiscal climate, is expensive

"The common assertion that increasing the personal allowance is progressive is true if one considers the gains across individual income taxpayers."

The first increase in the allowance, from £6,475 to £7,475, was announced in the 2010 Budget. It is set to rise again, to £8,105, in April

'Debt noose tightening' on families

A "DEBT NOOSE" is tightening around households, with families paying almost £200 a month just in interest, a report has warned

The "interest burden" recorded for the last three months of 2011 equates to almost a quarter (24%) of incomes after regular bills are paid, debt charity the Consumer Credit Counselling Service (CCCS) said

This share rose by 0.1% from the third quarter of last year as living cost hikes outstripped wage increases, its Consumer Debt and Money Report said

Older people will be increasingly affected by debt problems, the study said, highlighting a rising demand for debt advice from late-stage professionals aged between 45 and 59.

"There has been a gradual rise in counselling demand from this group, with its share rising from 22.8% in 2005 to 31.7% by (the end of) 2011," the report said. Demand for debt advice will peak in 2014, indicating the "lasting distress caused by the financial crisis"

The charity said UK households' determination to pay down their debts has been slowing as disposable income has been swallowed up by high inflation, with expensive petrol, utilities and housing costs and deteriorating employment conditions.

The report said: "Interest payments are a heavy burden on household finances. With payment necessary regardless of economic circumstances, they pose a major threat to the solvency of many families. As a major spending component that must be met on time, the need to service debt is posing a significant challenge in the current economic downturn when household heads lose their jobs and income sources dry up."

The report predicted rising unemployment, but a "positive effect" of the weak economy for indebted households will be several years of low interest rates.

The ratio of one in every four pounds of disposable income spent on servicing debts increased to one in three earlier during the financial crisis as households piled on debt and then faced a deteriorating labour market. Since the second half of 2009, the share of discretionary income going towards interest payments has been stable and the report predicted it will remain this way in the coming months

The report also tracked the sharp increase in mortgage debt as house prices have risen, from around £20,000 per household in the early 2000s to more than £47,000 by December 2011. It highlighted high rates of home ownership in the UK at 66% of households, compared with 42% in Germany.

Consumers 'still not spending much'

SHOPPERS have continued to keep their spending in check despite recent signs of hope for the UK economy, the British Retail Consortium (BRC) has said

The trade body's February sales monitor showed the value of business was down 0.3% on a comparable basis with a year ago, the same drop as in January.

Total sales, including store openings, were up 2.3% but with inflation at 3.6% in January this still shows customers are buying less than a year ago.

The recent fall in inflation from above 5% has eased the squeeze on household finances but with fuel prices again rising BRC director-general Stephen Robertson said there was no sign of a convincing revival for shops

He added: "Unemployment is expected to rise further, causing increased nervousness about job security, which is keeping confidence fragile. Any sense of improving optimism is not yet translating into more spending."

He repeated the BRC's calls for the Chancellor to use the Budget to help back business costs and support jobs, growth and a consumer turnaround.

While food sales picked up, driven by last month's stocking up of cupboard staples in the very cold weather, non-food sales were weak despite promotions and discounts. For clothing, footwear and homewares, February was worse than January and December, especially for larger purchases, the BRC added

Online continues to grow faster than any other retail channel but the rate of increase in sales at 9.9% has slowed since Christmas and is well down on the kind of performance seen in 2010 and before

Helen Dickinson, head of retail at survey partner KPMG, said: "Many retailers feel they're fighting very hard just to stand still at best and don't see any light at the end of the tunnel

"However, there are retailers out there who deliver what the customer wants and needs in terms of product, brand and price, which proves that if the proposition is spot on it is still possible to outperform the market and the competition."

MPs voice Olympic budget fears

MPs voiced fears on Friday that the 2012 London Olympics will go over budget, saying the public money allocated for the Games was close to being used up

The Public Accounts Committee, a parliamentary scrutiny body, also raised concerns about the legacy of the Games and the risk of the Olympic Stadium becoming a "white elephant"

In addition, the panel said it was "staggering" how wrong the initial estimates had been for the cost of security at the Games, which will take place from July 27 to August 12.

"The venues and infrastructure of the London Olympic Games are on track to be delivered on time and within budget," said committee chair Margaret Hodge of the main opposition Labour party

"The Olympic Delivery Authority's management of the building programme has been exemplary," she said.

"However, the £9.3 billion ($14.7 billion, 11.1 billion euro) public sector funding package is close to being used up and we are concerned about whether the running of the Games will be held within budget

"Taking into account costs outside the package, the full cost to the public of the Games and legacy projects is already heading for around £11 billion."

Hodge said the committee was "particularly concerned about the significant increases in the security bill".

In December, the government announced that the number of security guards for the Games was being increased from 10,000 to 23,700

"LOCOG (the London Games organising committee) now needs more than twice the number of security guards it originally estimated and the costs have roughly doubled," Hodge said.

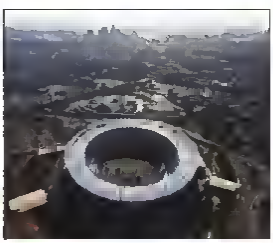
"It is staggering that the original estimates were so wrong."

LOCOG's original 10,000 figure was a "finger in the air estimate", the report said.

The 80,000-seater Olympic Stadium in Stratford, east London, was designed to be reduced to a 25,000-seater athletics venue after the Games.

In a change of plan, London-based second tier football club West Ham was due to take over the stadium, but the deal has been scrapped.

"Plans for the stadium have fallen through. It must not become a white elephant," Hodge said



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Choose a new fruit tree for your garden

Expert advice from local horticulturalist Jo Golesworthy

THE NEXT COUPLE OF WEEKS are really the last chance to plant in any dormant fruit trees. All deciduous trees sleep over the winter months and are just starting to come back to life as spring slowly wakes up the soil. Whether you choose apple, pear, plum, fig or cherry they are all fantastic additions to any garden setting.

> "Plant the tree as soon as you can after buying. If it's in a pot it will be ok for a short while but it's important to remember that when the trees are at the nursery they're being constantly cared for."

Whether planted in pots, or straight into the ground, choosing, preparing and planting couldn't be easier. Trees can be bought with either bare root (roots have been washed and wrapped to prevent them from drying out), pot grown (planted and kept in pots for the duration of their lives), field grown (as it suggests, then lifted and placed in a pot), or root balled (this is usually for larger trees and rarely for fruit trees). My advice is choose a tree that has been pot grown with a good healthy looking stem and buds with no damage to the bark. Trees that are 1-3 years old will take best.

Plant the tree as soon as you can after buying. If it's in a pot it will be ok for a short while but it's important to remember that when the trees are at the nursery they're being constantly cared for. They'll need a lot of water to stay alive. Once they're in the ground they shouldn't need as much nurturing. Dig a large, deep hole. Choose a position where there's good quality, free draining soil in a sunny position. Tickle over the bottom of the hole and place some well rotted organic compost to a depth of 5cm. Work this into the soil.

Remove the tree from its pot. Check the roots. They should be strong and healthy. Tease some of the finer roots from the compost but try not to damage them in any way. They are quite sensitive.

Why not try one of the following:

- Apple: Malus domestica 'Queen Cox' self fertile, juicy red-yellow apples from mid October.

- Pear: Pyrus communis 'Conference' partially self fertile pear, green yellow sweet fruit from October to November.
- Plum: Prunus domestica 'The Czar' self fertile dark purple dessert plum, resistant to frost.

Jo Golesworthy

Horticulturalist, gardener, writer and designer

If you have any queries, questions or quandaries related to gardening or are looking for someone to work in your garden do drop me an email at jgolesworthy@hotmail.com

Tenant DIY scheme 'will prove a disaster'

THE HOUSING MINISTER'S plan to give tenants the power to carry out their own repairs "looks attractive on paper but will prove a disaster", a property maintenance specialist has warned.

Grant Shapps says that maintenance and repairs cost social landlords £4bn a year, but he believes that tenants could do work like decorating and fixing plumbing themselves and save councils and housing associations cash.

However, Will Davies – co-founder of property maintenance company aspect.co.uk – warns that the scheme will rebound and increase costs for tax payers.

He said: "The scheme looks attractive on paper but when you factor in the costs of checking work has been completed correctly or repairs for jobs that have been botched it is unworkable.

"aspect.co.uk is called out to hundreds of private addresses to correct problems that have been created by a previous owner's DIY."

Mr Shapps has re-announced its tenant cashback on Monday which will allow residents to take more control of their repairs budgets for their homes and carry out their own DIY or commissioning, allowing them to pocket any savings made.

Mr Shapps said: "Rather than having to wait for landlords to act, tenants should be able to tackle their own DIY dilemmas — and get paid for it."

But Mr Davies: "If you start to consider the scams that would blossom from this idea it is

frightening. 'What regulation would these 'third party' tradesmen operate under? What comeback would council's have on their spend? Who would be responsible for assessing that all the work tenants claimed for was actually necessary or indeed true?" said Mr Davies.

The Government has launched a pilot scheme with four landlords, including the Home Group and Bromford.

Social landlords will ultimately be responsible for administering the scheme which can be requested by tenants from next month – managing the costs and guarding against fraud.

Laura Ashley's floral patterns bloom this season as the spring goes mad for prints and patterns

LAURA ASHLEY, famous for their bold, beautiful and colourful prints on dresses and homewear fabrics couldn't be more on-trend this season. Spring 2012 is the season of pattern and print, and on catwalks floral and patterned prints stood out in style. Laura Ashley, quintessentially stylish throughout the seasons, finds itself at the helm of a high trend look.

Now spring is in the air, the mood for change and spring cleaning calls. As seasons shift and we uncurl our bodies from the cosy corners of winter homes and dust off the cobwebs, letting some light in for spring seems the most natural makeover of all.

Not just for fabrics, print can be extended beautifully to both sofas and also to wallpaper, which is something Laura Ashley do perfectly.

Patterned wallpaper is a highly effective way of creating character, mood and atmosphere to a room with little effort. Bold and vivacious, it can make a wall a much admired feature in a room.

What better name then to turn to when spring decorating the home and taking new steps to add new wallpaper, new colour and new life? Laura Ashley, pioneers of print and pattern, offer a set of newly developed stories for spring and summer. Two are especially well-suited to spring and summer, drawing upon the quintessentially British theme of the Laura Ashley brand and modernising it beyond a tradition of floral design.

Property

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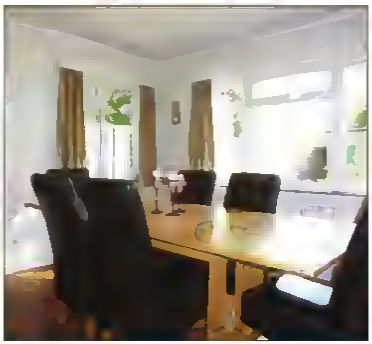

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ALDWICK BAY ESTATE **£430,000**

A spacious detached chalet style house situated on a wide fronted plot in private estate approx 400 yards from the private beach
G.f.h. u.P.V.C. dble glazing and fascias. cloakroom. triple aspect L shaped lounge. good sized L shaped dining/sating room. kitchen/breakfast rm. three double bedrooms. bathroom. Annexe area with living rm. bathrm & kitchenette. Double garage and gardens

ALDWICK **£875,000**

A detached detach front house in small private estate. gas c.h. u.P.V.C. double glazed. security alarm. dual aspect ground floor sitting/dining room. kitchen/breakfast room. utility room. dual aspect lounge on mezzanine floor. master bedroom with en suite bathroom and balcony. two further double bedrooms. second bathroom. double garage. South facing rear garden. unobstructed SEA VIEWS. direct private beach access.

ALDWICK BAY ESTATE **£595,000**

A picturesque detached thatched residence situated in a private access estate approx. 400 yards from the private beach. The property has been made the subject of a programme of extension & modernisation by the current owners. G.f.h., u.P.V.C. double glazing, dual aspect lounge, a good sized extended dining room, a well fitted dual aspect kitchen/breakfast room, a utility room and cloakroom, master bedroom with balcony, two further double bedrooms, two refitted shower rooms, a garage and delightful gardens including a South facing rear with timber chalet.

ALDWICK **£340,950**

A detached house situated in a cul-de-sac within 500 yards of the beach. The property would benefit from some modernisation but is in clean and tidy condition. Gas fired heating, u.P.V.C. dble glazing and fascias, cavity wall insulation, spacious open plan lounge/dining rm, attached single glazed conservatory, fitted kit with sep breakfast rm, master bedroom with en suite shower room, three further bedrooms, bathroom, dble s garage and Southerly rear garden.

ALDWICK **£325,000**

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach. gas central heating. u.P.V.C. double glazed. carpets. cloakroom. lounge dining room with lottery area. South facing balcony. kitchen. master bedroom with en suite bathroom and dressing area. second bathroom. garage. UNOBSTRUCTED SEA VIEWS.

NYETIMBER **£189,950**

An extended two bedroom semi-detached bungalow situated in a cul-de-sac within half a mile of shopping facilities at Rose Green and Nyetimber. G.f.h. u.P.V.C. double glazing, lounge, rear sitting room, kitchen, bathroom, garage and Westerly rear garden.

ALDWICK **£150,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home. gas c.h. double glazed. living room. kitchen. bedroom. bathroom. personal patio area.

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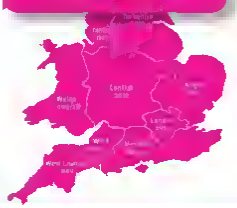
The Meridian area switchover begins:
07/03/2012

If you are not eligible for the BBC Help Scheme, please visit digitaluk.co.uk or contact your local independent installers for advice and assistance.



To ensure you're ready for the switchover you need to get a TV digiboxes. If you have flat screen or plasma TVs in your home, you'll need to convert to digital.

The Help Scheme is run by the BBC and can help with your costs if you're eligible. To get one of digital aged 75 or over, or get one if you're partially sighted or support who lives with them or for the benefit of your child, you may be able to get help with the cost of getting digital TV to digital.

The scheme does not provide free digiboxes to everyone but to those who are eligible and who get certain income related benefits.

You get to keep the digibox and usually a set-top box will be connected to your existing remote control so you don't have to learn how to use a new one. Digiboxes are available from digital retailers but these can be very expensive.

If you think you may be eligible, contact the help scheme on 0800 40 85 900 or visit www.helpscheme.co.uk

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Jaguar Land Rover says to create 1,000 new jobs in Britain

INDIAN OWNED luxury carmaker Jaguar Land Rover announced Tuesday that it will ramp up vehicle production and create 1,000 new jobs at its Halewood car factory in northwestern England.

Jaguar Land Rover (JLR) today announces the creation of 1,000 new jobs at its Halewood operations manufacturing facility, near Liverpool in the UK, it said in a statement

The positions, which will support the ongoing significant demand for the Range Rover Evoque and Land Rover Freelander 2, take the workforce at Halewood to almost 4,500 -- treble the number employed there just three years ago."

India's leading vehicle maker Tata Motors acquired Jaguar and Land Rover from Ford for $2.3 billion in 2008

These 1,000 new jobs are further evidence of JLR's clear ambition for continued growth," added JLR human resources director Des Thurlby on Tuesday

"We are moving Halewood to three shifts and 24 hour operation to meet increased global demand for our products."

He added "JLR's supply chain is also set to benefit, with thousands more jobs expected to be created."

"Our commitment to expand the Halewood workforce and increase production is great news for JLR, for Merseyside and for the wider UK economy."

The announcement was meanwhile welcomed by Unite, which is Britain's biggest trade union.

"The creation of new jobs at Halewood is more good news for Britain's car industry and the local economy," said Unite official Roger Maddison.

"Again, Britain's car industry is bucking the trend of manufacturing decline. It is proof that with the right investment and support, UK manufacturing can be a success story."

The Confederation of British Industry, which is the country's largest employers' organisation, also hailed the jobs boost

"The news that Jaguar Land Rover will be creating a further 1000 jobs at its Halewood plant is a shot in the arm for UK manufacturing and the automotive industry in particular, added CBI deputy director-general Neil Bentley

"This is further evidence of re-balancing across the economy, with the latest UK trade figures showing record levels of exports going to countries outside the European Union, such as the US and China

The news comes one week after Japanese auto giant Nissan announced it would build its new hatchback compact car in Britain, in a £125-million investment that will create 2,000 jobs

The new vehicle, called 'Invitation', will be built at Nissan's Sunderland plant in northeastern England from mid-2013.

The Sunderland plant produced more than 480,000 cars last year, a record high for a British plant, as the group was boosted by strong demand for its Qashqai, Juke and Note car models, many of which are sold outside of Britain

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Rugby

Experience of a lifetime

CHICHESTER Grasshoppers tour party experienced a chance of life time by spending the day training with England's elite Rugby Squad

The day began with bacon Rolls and a talk from the England operations Manager The Boys were then shown around The Pennyhill Park complex and observed their idols performing in the gym and at a lineout session

The boys were allowed to chat freely to the players during their session and were also given a detailed insight into life as one of England's' elite

After observing the sessions the boys enjoyed a photo and autograph session where all the England players chatted and signed the boy's shirts To finish the day off the boys took part in a training session with a number of their heroes including Jordan Turner-Hall (centre) and Dylan Hartley (hooker) The England Hooker commented, "What a great bunch of lads, they were very professional in their appearance and their skill set that they displayed, I remember playing Chichester when I was 17"

Tour captain Jamie Wilcock commented, "This day has been out of this world, every rugby player dreams of this moment and we have lived it, the boys will cherish this for their whole lives, thanks to AEG and the England squad for organising the day, and our thanks go to Mr Tilling who entered us into the competition and who took the winning picture."

Mr Tilling, Tour manager explained: "The boys have been a real credit, not only to their school but their city and their county There were a number of positive comments from England players including the current captain Chris Robshaw who said how well-mannered the boys were. I hope that the boys use this experience to motivate themselves to succeed in their rugby and their academic studies."

The touring party are still looking for potential sponsors, anyone wishing to associate themselves with the tour please contact Martyn Tilling on mailing@clsb.org.uk

Brave City go down fighting

CHICHESTER CITY FC Youth were beaten by a very strong Burgess Hill side as their opponents lifted the U18 Sussex County Cup for the second successive season with a 3-0 win at Culver Road, Lancing

Although Burgess Hill, from the Ryman League South, would have gone into the game slight favourites they were under no illusions just how strong the previously unbeaten Chichester side would be

The game started evenly, both teams had chances early on and the sides looked evenly matched The deadlock was broken on 35 minutes when Harley Button swung in a superb corner that was met by Hill s Luke Donaldson who headed home in great style

Chichester City continued to press and would have surely scored had it not been for a string of superb saves from Hill keeper Tom Betts who kept his side in front on several occasions

On 38 minutes Harley Button put Hill two up after a superb passing move involving several players Hill s Kit Tregear saw his initial shot saved and the ball found its way to Button on the edge of the box, he curled a great shot to the left leaving Burrows in the Chichester goal with little chance of making a save

The second half was much the same as the first with Betts in the Hill goal called into action on several occasions Chichester were stronger and Hill by no means had the game won It took till the 85th minute for the young Hillians to seal victory and it was Harley Button again in the thick off the action Button pushing forward from mid field unleashed a fierce shot from the edge of the box that flew past the helpless Chichester keeper and into the net to make it 3-0.

City boss, Sean Forry, said. "They probably deserved it over 90 minutes. I thought their keeper did well (England U18's keeper) and until they got a late third, a goal from us at any point would have made life interesting The boy's certainly reacted well to a two goal score-line at half time and did us very proud in the end."

City: W Burrows, C McGreal, T Bigwood, R Madden, C Cody (cpt), A Barton, T Lynch, T Groom, M Forry, O Bugel, J Manners, C Heath, O Lotten, J Snow & T Cowell

Sunday 11th March

Sussex County U18's League

Forest 1 V Chichester City 8

City Scorers: R Madden 3, T Bigwood 2, M Forry 1, T Groom 1, J Manners 1

City: W Burrows, C McGreal, T Bigwood, R Madden, C Cody (cpt), A Barton, T Lynch, T Groom, M Forry, O Bugel, J Manners, C Heath, O Lotten & J Snow

Football

Results

Saturday 10th March 2012

Division 1

Arundel 2-1 Worthing United

Chichester City 2-2 Three Bridges

Pagham 2-6 St Francis Rangers

Selsey 2-3 Rye United

Division 6

Midhurst & Easebourne 2-4 Storrington

Division 3

Seaford 2-4 Newhaven

Pease Pottage Village 3-1 Earnham

Tuesday 13th March 2012

John O'Hara League Cup semi final

Pagham 0-1 AFC Uckfield

Wednesday 14th March 2012

Division 3

Saltdean United 3-4 Earnham

Fixtures

Saturday 17th March 2012

Division 1

Arundel v AFC Uckfield

Pagham v East Grinstead Town

Redhill v Chichester City

Selsey v Shoreham

Division 2

Littlehampton Town v Midhurst & Easebourne

Division 3

Broadbridge Heath v Clymping

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
RYE UNITED	33	24	5	4	92	37	55	77
LANCING	31	20	8	3	68	31	37	68
THREE BRIDGES	28	21	3	4	53	25	28	66
HASSOCKS	33	19	6	8	79	51	28	63
PAGHAM	31	19	5	7	71	42	29	62
PEACEHAVEN & TELS	31	16	6	9	63	42	21	54
LINGFIELD	30	15	6	9	65	49	16	51
REDHILL	29	15	5	9	72	41	31	50
AFC UCKFIELD	31	13	7	11	60	54	6	46
EAST GRINSTEAD TOWN	33	14	3	16	60	69	-9	45
CROWBOROUGH ATHLETIC	35	11	7	17	63	75	-12	40
SIDLEY UNITED	32	12	4	16	40	53	-13	40
SELSEY	31	11	4	16	50	63	-13	37
SHOREHAM	32	9	7	16	52	72	-20	34
ARUNDEL	31	9	6	16	53	76	-23	33
HORSHAM YMCA	32	9	3	20	45	73	-28	30
RINGMER	31	8	5	18	39	57	-18	29
WORTHING UNITED	29	6	21	12	46	67	-21	29
ST FRANCIS RANGERS	33	1	13	19	34	72	-38	16
CHICHESTER CITY	26	2	2	24	24	80	-56	8

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
EAST PRESTON	28	25	2	1	107	26	81	77
HAILSHAM TOWN	27	19	5	3	71	29	42	62
DORKING WANDERERS	27	17	4	6	60	36	24	55
LITTLEHAMPTON TOWN	29	12	21	6	55	32	23	47
SOUTHWICK	30	12	11	7	41	33	8	47
EASTBOURNE UNITED AFC	29	13	7	9	46	41	5	46
BEXHILL UNITED	30	13	4	13	53	60	-7	43
STORRINGTON	30	11	7	12	58	51	7	40
LOXWOOD	27	12	4	11	49	57	-8	40
RUSTINGTON	29	9	9	11	46	55	-9	36
MILE OAK	31	11	3	17	52	62	-10	36
STEYNING TOWN	30	9	5	16	46	65	-19	32
WICK	28	9	5	14	37	57	-20	32
WESTFIELD	26	7	8	13	44	59	-15	29
MIDHURST & EASEBOURNE	27	8	3	16	50	87	-37	*26
OAKWOOD	29	5	10	14	39	70	-31	25
LITTLE COMMON	29	6	6	17	43	60	-17	24
SEAFORD TOWN	28	7	2	19	40	57	-17	23

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	22	16	3	3	75	28	47	51
PEASE POTTAGE VILLAGE	22	16	1	5	65	32	33	49
SALTDEAN UNITED	20	14	5	1	63	15	48	47
FOREST	22	15	2	5	56	35	21	47
EARNHAM	21	12	3	6	58	26	32	39
BROADBRIDGE HEATH	21	12	3	6	47	29	18	39
ROTTINGDEAN VILLAGE	23	11	3	9	44	50	6	36
FERRING	24	10	4	10	37	50	-13	34
IFIELD EDWARDS	24	8	5	8	38	39	1	29
BOSHAM	25	8	5	12	36	47	-8	29
HURSTPIERPOINT	25	8	5	12	40	53	13	29
UCKFIELD TOWN	20	6	8	6	41	34	2	26
TD SHIPLEY	22	7	1	14	30	56	17	22
CLYMPING	26	5	3	18	31	79	48	18
HAYWARDS HEATH TOWN	25	3	5	17	25	58	33	14
ROFFEY	27	2	4	21	29	91	62	10

* 1 pt deducted - ineligible player

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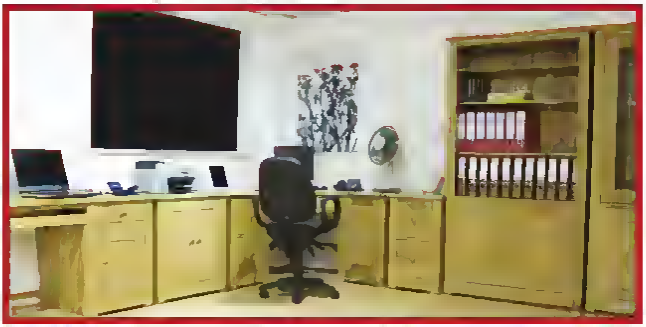

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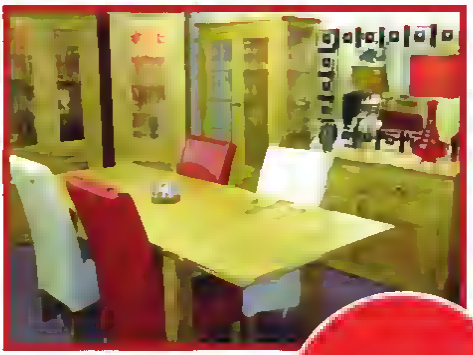

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